

# Life Interrupted:

*A Pathway Toward Resilience and Growth*

## Virtual Presentations

Tuesday, October 6, 2020 at 3 pm

Wednesday, October 14, 2020 at 7 pm

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The online presentation, hosted by the Rainbow District School Board Mental Health Team, will support parents/guardians as their children transition back to school whether learning in class or online.

Participants will explore how to use a “thought jar” at home, the many benefits of practising mindfulness, and gain strategies for talking and listening to children as they navigate potential grief and loss that may be experienced during a pandemic.

**Register online at [bit.ly/rdsblifeinterrupted](https://bit.ly/rdsblifeinterrupted)**

Deadline to register is Monday, October 5, 2020 at noon.