



Mark it on your calendar now!

*School District 75 and the District Parents
Advisory Council (SD75 DPAC) present*

FAMILY MENTAL HEALTH AND WELLNESS FORUM

THURSDAY, JANUARY 28TH AT 7PM
VIA ZOOM

Presentations by:

Dan Thiessen - Emotion Coaching

*Beth-Anne Cullen, Brenna Pennell and Cheryl Wallace -
Emotional Regulation and Calming Spaces*

Monica Thimer - Family Smart Services and Peer Support

Question and Answer time with all presenters

www.dpacsd75.com to register

