

Join Dana Chapman
for an Experiential Evening

Exploring Wellness:

An introduction to mindfulness and its role in
supporting children's resiliency and sense of
well being



Thursday, May 14th
Earl Haig Public School
7:00 – 8:15 pm
childcare will be provided

Dana Chapman is an experienced TDSB teacher, Yoga teacher, and Yoga therapist. She works with individuals and groups to foster balance, connection, and calm. For more information about her classes and workshops, please visit www.beebirch.com

This evening is for parents and caregivers and is sponsored by
The Ontario Ministry of Education Parents Reaching Out Grant