



The Special Education  
Advisory Committee (SEAC) of  
Lakehead Public Schools is pleased to present

# CARING FOR YOUR CHILDREN CARING FOR YOURSELF

Dr. David Tranter, PhD  
Mental Health Leader | Lakehead Public Schools

Wednesday, April 15, 2015  
7:00 p.m.

Oliver Road Community Centre

Main Hall | Upstairs 563 Oliver Road

**This presentation is open to all parents, guardians, educators, mental health professionals, interested community partners and the general public.**

School can be challenging - not just for children - but for parents too. Whether it's navigating social relationships, understanding the curriculum, completing homework, preparing for EQAO testing, communicating with teachers and principals, getting ready for the world of work, college, or university, or just understanding the education system and how all of the pieces fit together, school can be stressful for the whole family. This presentation will provide parents/guardians with helpful strategies to support their child's education, while making sure that both child and parent/guardian don't get overwhelmed. A panel of learning support specialists will also talk about their role within education, the resources available to students, and how to help your child manage stress and succeed in school.

**Free Admission - A Donation of Canned Goods for Shelter House or Silver Collection for The Lakehead Learning Foundation, greatly appreciated**

**Registration - Visit [www.lakeheadschoools.ca/seac\\_register](http://www.lakeheadschoools.ca/seac_register)  
on or before Monday, April 13.**

**Questions? Email Eileen at [ehaven@lakeheadschoools.ca](mailto:ehaven@lakeheadschoools.ca) or by telephone at 625-5126**