



# Nurturing Emotional Resilience and Well-Being for Ourselves and Our Children

---

## Parents' Night Out

Free for all  
New Westminster  
caregivers!

February 4, 2021  
6:30-8:00 pm

This session will be on Zoom.  
Participants will receive a link  
prior to the event.

To register, please visit:  
[https://pnosupportingfamilies.  
eventbrite.ca](https://pnosupportingfamilies.eventbrite.ca)

If you have any questions,  
please contact Tanis Anderson,  
District Vice Principal, at  
604-517-6111.

At a time where our social connections are limited, COVID fatigue is high and emotional resources are low, many parents and caregivers are left wondering how we might support our children through such unsettling times. This past year's "unscripted" nature has left many children and adults feeling anxious, overwhelmed, and stressed. This session explores ways to nourish our own emotional health and considers ways to embed simple, practical strategies in our homes, so we might build emotional resilience and well-being for ourselves and our children.

**Suzanne Vardy** (M.Ed., RCC) believes in strong and compassionate families, schools and communities that surround and support children and youth allowing them to thrive and become kind, caring and resilient people. She is clinical counsellor in private practice and works in a lower mainland school district helping to ensure schools are safe and welcoming places for children, youth, and families. Suzanne is also Associate Faculty at City University of Seattle in their Master of Education in School Counselling program.

**Miriam Miller** (M.A., PhD candidate) is a parent, teacher-educator, researcher, and storyteller, committed to working alongside educators and families to cultivate healthy social and emotional skills for adults and children. Miriam is a senior coach and trainer with the Yale Center for Emotional Intelligence at Yale University, and a researcher with the Social, Emotional, and Educational Development lab at the University of British Columbia. Miriam's background as an educator and her role as a researcher, allows her to dynamically present research-to-practice in especially relevant and engaging ways.



School District 40  
Parent Advisory Council

