

Oaklands Pac <victoria.oaklands.pac@gmail.com>

VCPAC Snips Newsletter

1 message

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VICTORIA CONFEDERATION PARENT ADVISORY COUNCILS

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October/28/2019

VCPAC Weekly Announcements

MEETINGS

October 28 - SD61 Board Meeting 7:30 pm in the Tolmie Board Room (556) **Boleskine Road**)

On the Agenda:

- Community Presentations
 - Community Trees Matter Network
 - Capital Regional Housing Corporation Caledonia Project
 - Victoria High School land use
 - Public Engagement Processes

- CORRESPONDENCE
 - Letter sent to BCSTA re Climate Action
 - o Letter from Vancouver School Board re Climate Crisis and Climate Action
- TRUSTEE REPORTS
- BOARD COMMITTEE REPORTS
 - o motion review of Late French Immersion programming

EVENTS

Childhood Anxiety: Empowering Strategies and Effective Supportg

YOUTH & CHILDHOOD STRESS & ANXIETY: BUILDING RESILIENCE

EMPOWERING STRATEGIES EFFECTIVE SUPPORTS



Presentation and Discussion By:

Julie-Anne Richards, M.A., R.C.C., C.C.C. Registered Clinical Counselor, Psycho-educational Consultant www.JulieAnneRichards.com

6:00-8:00 pm Wednesday November 6, 2019

ARBUTUS GLOBAL MIDDLE SCHOOL

2306 Edgelow St, Victoria

Tailored for Parents. **Guardians and Educators** supporting children & youth ages 12 - 15 experiencing stress & anxiety

> PRESENTATION **INCLUDING Q & A**

Free Event!

Refreshments available on donation. REGISTRATION REQUIRED (Click to Register)

https://www.eventbrite.com/e/parent-presentation-on-youth-childhood-anxietytickets-74377016659

Event Hosted by: Arbutus Global Middle School and inviting All Parents and Educators of Youth in the Area - All Adults Welcome

Funded by the Eric Palmer Memorial Foundation www.ericfoundation.com

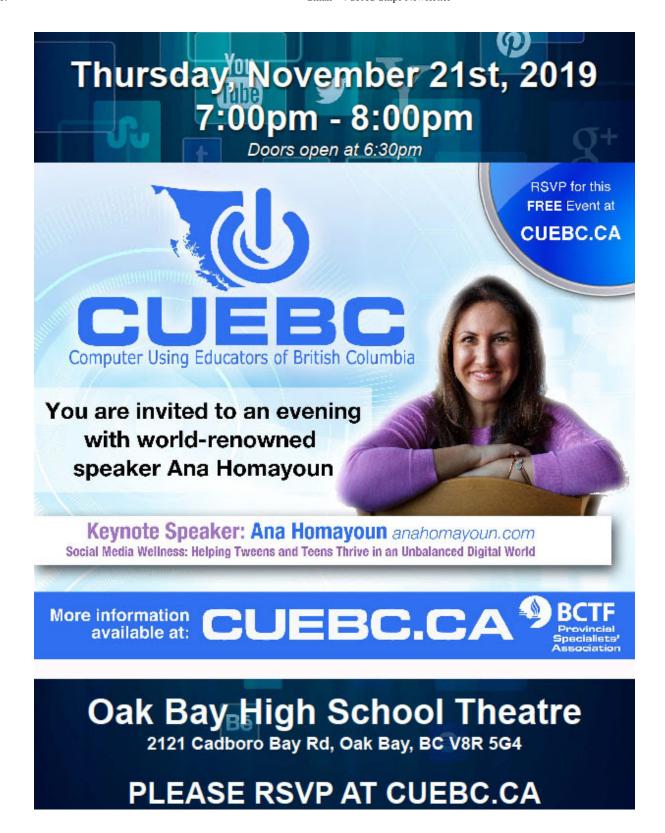
This November 6th, 2019 from 6:00-8:00pm, Arbutus Global Middle School and the Arbutus P.A.C. are pleased to welcome all parents and educators of youth in the area to an evening with Julie-Anne Richards (M.A., Registered Clinical Counselor, Psycho-educational Consultant) for her presentation & workshop entitled "Childhood Anxiety: Empowering Strategies and Effective Support".

Julie-Anne will be sharing information that is essential for parents, caregivers, and educators of youth with regards to guidance, challenges, and implementation. See below as well as attached poster for more details.

This is a free event, graciously funded by the Eric Palmer Memorial Foundation. Refreshments will be available upon donation.

Registration is required through https://www.eventbrite.com/e/parent-presentation- on-youth-childhood-anxiety-tickets-74377016659

Social Media Wellness



PAC EMAIL ACCOUNTS

Every PAC has an email account to use. Please contact info@vcpac.ca if you would like to activate the PAC email account for your school or change your password.

PAC EMAIL MAILING LISTS

VCPAC has a mailing list service, free of charge, available to all PACs. If your PAC would like to have a subscription-based email list, which parents can automatically opt in and out of, contact info@vcpac.ca

CONTACT AND SUBMISSION INFORMATION

Article ideas and submissions can be sent via e-mail to info@vcpac.ca. Submissions should be sent to us no later than Friday, 9 PM prior to the day of distribution. Communications retains the right to edit all submissions for clarity.







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