

YOU'RE INVITED

To our TSS Family of Schools Workshop

Thorold Secondary School

Westmount Richmond Street Connaught Burleigh Hill
Applewood Ontario Ferndale Prince of Wales



The evidence is clear, students today are experiencing high levels of stress and anxiety and this has a direct impact on their overall health and academic performance. A strategy that is showing great promise in helping students cope with stress and boost positive mental health is mindfulness. In this presentation we share what we have learned over 5 years studying mindfulness among university students in The Mindfulness Experiment. Designed for parents, teachers and administrators, participants of this workshop will learn what mindfulness is, why we need it, and how it “works” to promote coping skills, resiliency and academic success for our students.

Thursday, April 26th
5:30 - 7:30 pm

Please RSVP your attendance and register for
child care by calling Thorold Secondary School 905-227-1188
in advance, giving the number of children and ages



5:30 - 6:10pm Registration and snacks

6:15- 7:15 pm Presenters:
Paula Gardner, Assistant Professor, Department of Health Sciences at Brock University and the lead investigator of The Mindfulness Experiment
Kaitlyn Kerridge, MA Candidate and graduate student in Applied Health Sciences at Brock University studying mindfulness in post-secondary students

7:15- 7:30 pm Questions and Answers