



Paris Central Public School

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Dear Paris Central Families,

As part of our Safe and Inclusive School Plan, we are organizing two VIRTUAL sessions for all our Paris Central families and staff with Aubrey Noronha (NA-ROW-NA). Aubrey Noronha is a **recognized Safe Schools, Mental Health and Anti-Racism Speaker** who believes in the possibility of a safer and more emotionally connected school and workplace culture. We feel privileged to have him present to us.

Our first virtual session **"Hello Hope" is scheduled for October 13, 2022 at 7pm.** Hope you can join us. A link will be sent to you closer to the date. This program focuses on getting us from mere contact to authentic connection with others.

LEARNING OUTCOMES INCLUDE:

- A word of relief and encouragement with strategies to tackle stress and anxiety during and after a pandemic
- The scientific connection between social media, empathy and the health benefits of face to face interaction
- Explore how the term "friendship" has been downgraded with technological and social media advances
- Practical take-aways on how to create stronger bonds with family, friends and communities

To learn more about Aubrey Noronha's program, please visit:
<https://www.hellohope.ca/>

Next session: "Colour Blind 1.0"- Jan 24, 2023 at 7pm- Virtually