

Free Event!

WHAT MATTERS?

Raising Kids with the Courage, Compassion & Confidence to be Who They Are

So many young people today are struggling with:

- Anxiety
- Friendships
- Perfection
- How to handle their emotions
- Negative self-talk
- Finding real, genuine trust
- Fear of failure



Workshop Details:

What: Danielle will share her wisdom about the importance of finding your values, building a home with resiliency, as well as the how to provide our kids with the best tips and tools to thrive in life! She will also share the importance of self-care and “doing your own work” on this parenting journey.

Danielle is an Authenticity Coach, Professional Speaker, and Certified Facilitator of Brené Brown's Daring Way™ and Rising Strong™ curriculums.

To Register visit: <https://www.eventbrite.ca>

➤ search What Matters



Date: Monday April 24, 2017

Time: 6:30-8:00pm

Location: St. Albert Public Library

This session is sponsored by: The St. Albert Early Years Coalition