



"Our vision is for every individual to feel valued and for all learners to reach their full potential."

Eric Langton Elementary



I AM AWESOME GR. 4-6

The Family Education and Support Center is thrilled to present "I am Awesome". This course is designed to help young individuals with communication styles, triggers, "I" statements, looking at their special inner qualities, how to deal with stress, and how to be a friend. We believe that if young people today have the knowledge and skills to believe in themselves then their capabilities are endless.

Mondays, 2:30 – 4 p.m.
Oct. 17 – Nov. 14, 2022 (no class Oct. 31)
Eric Langton Elementary
Grade Range: Grades 4, 5, and 6
Registration Fee: \$25 (includes four lessons)

To register: <http://schooldistrict42.perfectmind.com>.
For more info: Craig Mitchell, 604.837.2384 or craig_mitchell@sd42.ca.

