ASD-S Presents an Evening with

Dr. AnnMarie Churchill

April 21st, 2016

6:30-8:00



Anglophone South School District is pleased to present an evening for parents and guardians with Dr. AnnMarie Churchill. Dr. Churchill will be speaking about child and youth mental health issues and building resilience in our children. There will also be time for parent questions and discussion on mental health issues.

Resilience is the ability to live well and thrive as well as cope in a healthy way with adversity. All of us have the potential to flourish and increase our well-being, even in the face of change, challenges and loss. Research has uncovered not only the factors that can help us to be more resilient and cope better with adversity but also how to live a fulfilling and meaningful life. Resilience is an on-going process and we can learn evidence-based skills and strategies for thriving in good times and coping better in difficult times.

AnnMarie Churchill is a mental health consultant specializing in psychological resilience and mental health promotion. She is the co-author of Person-Centered Diagnosis and Treatment in Mental Health, co-founder of the adult resilience program, REALIZING RESILIENCE and senior trainer with Austin Resilience Development – the Canadian partner for the internationally acclaimed FRIENDS resiliency program for children and adolescents. AnnMarie holds a PHD in experimental psychology and a Masters in clinical social work and she presents regularly on a range of issues related to mental health and the development of psychological resilience. AnnMarie has over 30 years of experience as a therapist in school, community and hospital settings in the Ottawa area. AnnMarie recently returned to her home province, and resides in St. John’s, NL

This presentation is taking place on **April 21st** from **6:30-8:00** in the **Donaldson Room** at the **ASD-S District Office** at 490 Woodward Ave.in Saint John (Millidgeville North School).