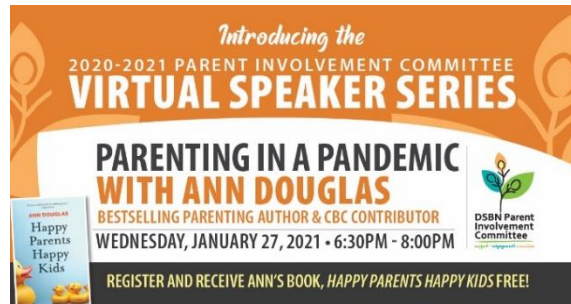


January 2021

Dear Greyhound Parent/Guardian:

The DSBN is excited to introduce the second presenter in the 2020–21 Parent Involvement Committee (PIC) Virtual Speaker Series!



Parenting doesn't happen in a bubble. Many parents can't help but be affected by what's happening in the wider world. Is it any wonder then that so many of us are feeling so anxious, so guilty, and so overwhelmed right now? In this thought-provoking conversation, parenting author Ann Douglas will acknowledge the challenges that parents are facing in this moment and share strategies and solutions for parenting through a strange and uncertain time. Expect a conversation that is kind, encouraging, and real and that leaves you feeling anything but alone.

You'll learn

- why this is such a challenging time to be a parent—and a child or teen!
- how to calm yourself and calm your child
- how to parent in a way you can feel good about and that will actually strengthen your relationship with your child
- how to give yourself permission to be a gloriously imperfect parent and to give your child permission to be a gloriously imperfect kid
- how to recognize and celebrate your many strengths as a parent.

Ann Douglas sparks conversations that matter about parenting and mental health. She is a regular contributor to CBC Radio and a bestselling parenting book author. Ann is the creator of The Mother of All Book series and the author, most recently, of *Happy Parents, Happy Kids* and *Parenting Through the Storm*. A passionate and inspiring speaker, Ann delivers keynote addresses and leads small-group workshops at health, parenting, and education conferences across the country.

A limited number of Ann's book, *Happy Parents Happy Kids* are available to those who register for her presentation. Registration link: <https://www.dsbni.org/pic/speakerseries.html>



Katie Racey  
Principal