

# DPAC *parent evening with* Dr. Molly Lawlor

Equipping the Whole Child for Life: Helping kids build strong friendships, manage big feelings and bounce back from challenges—using brain science and mindfulness to support learning and growth.

**Monday, October 20th**

Join us for an evening with Dr. Molly Lawlor—who helps children and teens learn how to understand their feelings, build confidence and form healthy relationships. She is the lead author and Principal Scientific Advisor for MindUP—an evidence-based program that teaches kids how their brains work and gives them tools to manage emotions and thrive in school and life.

**REGISTER HERE**

**What You will Gain From This Evening**



## **Understand**

Parents will gain an encouraging new view of adolescence as a time of opportunity and growth, not just stress or risk



## **Learn**

Parents will leave with simple, everyday strategies to help their child handle stress, big emotions, strengthen friendships and feel more ready to learn.

**KAY MEEK THEATRE  
1700 MATHERS AVE  
WEST VANCOUVER**

**6:30 -  
8:00 PM**



**WEST  
VANCOUVER  
SCHOOLS**

**DPAC**