Register now for free!

Fostering Resilience in Children

Supporting Mental Health & Social Well-Being Saturday, May 27, 2023 | 9 a.m. to 12 p.m.

Durham District School Board (DDSB) Education Centre 400 Taunton Road East, Whitby



Featuring Keynote Speaker, Perdita Felicien

Perdita Felicien is a two-time Olympian, 10-time National Champion, two-time World silver medalist, and the only Canadian woman to win a World Championship gold medal in track and field. During her career as a 100-metre hurdler she earned numerous honours, including Canada's Athlete of the Year and the Queen Elizabeth Diamond Jubilee Medal. In her inspiring talks, Felicien explores what it means to chase a dream and overcome the "hurdles" life can put before you.

Stay for more in our breakout sessions!

Guest speakers Natasha Halliday, Alyson Schafer, Holly Richard, Saroya Tinker, and Dan Hogan will be supporting further discussion on Mental Health, Resiliency, and Emotional Well-Being.



Register here!

For all inquiries, please contact engagement@ddsb.ca.

Onsite childcare available, registration is required.



presented by

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