

# Join us...

**Tuesday, October 18, 2022**

**6 pm Virtual Parent Involvement Committee**  
Annual General Meeting for School Councils  
Election of the Parent Involvement Committee  
*(Please note that nominees must be present for their nomination to stand.)*  
**Join us: [bit.ly/RDSBPICAGM2022](https://bit.ly/RDSBPICAGM2022)**

**7 pm Virtual FEATURE PRESENTATION**  
*Parenting Through the Storm* with Ann Douglas  
**All parents/guardians welcome**  
**Join us: [bit.ly/RDSBPICPresentation2022](https://bit.ly/RDSBPICPresentation2022)**

In this encouraging and story-rich presentation, Ann Douglas shares some of her own hard-won wisdom about thriving as a family while weathering some of life's many storms - which is the focus of her book *Parenting Through the Storm*.

The presentation is based on interviews with more than 50 parents of children who are struggling with anxiety, depression, ADHD, an autism spectrum disorder, or a related challenge and who are eager to share their best advice with other parents.

Expect a presentation that is kind, encouraging and real that leaves you feeling anything but alone.



**Ann Douglas** sparks conversations that matter about parenting and mental health. She is a frequent 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.

To learn more about parent involvement,  
visit [rainbowschools.ca](https://rainbowschools.ca). Click on Parents.