

YOU ARE INVITED TO ATTEND THIS HIGHLY INTERACTIVE WORKSHOP

Stay The Course



Coach Miguel A. Martinez
President of MTCLife

As families grapple with an ever-changing normal, anxiety can escalate. In this interactive workshop you'll learn:

- how to cope with stress
- strategies to connect with your children
- increase good mental health
- how to bring back "normality" into your home

DETAILS:

Host: Holy Cross Catholic Elementary School

Cost: Free

Date: Wednesday, May 26th, 2021

Time: 7pm-8pm

FOR WHO: Parents & Students

Zoom Link: <https://us02web.zoom.us/j/87118606806>

Coach Miguel Martinez is passionate about instilling soft skills at an early age. He has worked with the First Nations to bring active programs to their schools. He has provided workshops for multiple school boards, visiting over 100 schools on average each year, with the MTCLife programs taught in over 500 schools in Ontario.

