

STRESS & RESILIENCE

a SENSORY APPROACH

based in NEUROSCIENCE

FEATURING GUEST SPEAKER

MARC LANDRY

Wind & Tide's [Family Life Workshops](#) are designed to promote confidence in parenting by [providing insightful information alongside practical tools](#) necessary to support the development of your child. Every year, Wind & Tide presents informative and thought-provoking workshops featuring highly-regarded guest speakers who discuss [a variety of key topics for today's parents](#).

Join us for an engaging evening to hear [guest speaker and Occupational Therapist, Marc Landry](#) as he presents his workshop ["Stress & Resilience."](#)

Today, children are subjected to sensory overload and stress, and this workshop will focus on how sensory overload and stress affect neurology and impair self-awareness. While resilience starts with attachment, it grows with sensory experience. [Sensory awareness and sensory enrichment are also necessary to create the tools for noticing and dissipating the energy that creates trauma.](#) Common sense approaches can be used to keep the mind and body connected, and to prevent trauma from changing your brain. Shifting the emphasis from emotions to sensations holds the answer to building "resilience."

This workshop will also include findings from neuroscience and the work of *Peter Levine*, a master in the field of trauma and children. While top-down or cognitive approaches can be helpful, [learn how true resilience comes from efficient sensory processing of internal sensations](#). This approach is the foundation for the mind-body approaches that are part of mindfulness and other integrative sciences. Ideas for dealing with acute trauma, as well as historical events are more effective when sensory pathways are honoured.

Designed for parents, caregivers, and teachers, join us for this truly insightful and informative workshop:



COST

- \$15 / person
- \$25 / couple

REGISTRATION

ONLINE

To register online, visit www.windandtide.com to create/login to your Wind & Tide Parent Portal account, and click "Register for Family Life Seminars."

BY PHONE

To register by phone, call Wind & Tide's Administration office at 604-575-0549.

THREE DATES & LOCATIONS:

LANGLEY (LEFC) - *Newlands Campus*

Monday, April 3, 2017

7:30-9:30 PM

20719 48th Avenue, Langley

SURREY - *Parkland Campus*

Tuesday, April 4, 2017

7:30-9:30 PM

9574 160th Street, Surrey

SOUTH SURREY - *140th St. Campus*

Thursday, April 6, 2017

7:30-9:30 PM

1657 140th Street, South Surrey

WORKSHOPS PRESENTED BY:

THROUGH ITS PARTNERSHIP WITH:

