



[www.abcpeel.org](http://www.abcpeel.org)  
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## ABC Peel

### Parents' Night Event

### Self Esteem Building & Positive Thinking

Date: Thursday, March 24<sup>th</sup>, 2016  
Time: 7:00pm to 8:15pm  
Location: Inglewood room, 3rd floor, HJA Brown Education Centre,  
5650 Hurontario St. (enter off Matheson), Mississauga

Alison Pryce from the Canadian Mental Health Association of Peel Region will give a general overview of the factors which affect mental health; self-esteem, stress, attitude, and social support; along with an action plan to improve all areas. This is not specific to gifted.

Space is limited. Register to attend at <http://goo.gl/forms/dLuCj51j8h>