



Bounce Back

Join us this March for a two-part series on **Resilience**

How would you like to handle life's ups and downs with more ease? Guest speaker Eliza Trotter will share tools and tips for developing a resilient mindset and nurturing it in our children.

MARCH 4
7:30-8:30 PM EST

Growing through
Life's Challenges

MARCH 25
7:30-8:30 PM EST

Giving our Children
Strength to Soar

This is a complimentary conference.

Please register at www.pev.ca/upcoming-events to receive the link to attend the event.

Donations to support the work of PEV are gratefully accepted at www/pev.ca/donate.

About the Speaker

Eliza Trotter has held positions in educational administration as Head of Hawthorn School in Toronto and Assistant Head at Holy Name of Mary College School in Mississauga. Eliza now holds the position of Diocesan Coordinator of Campus Ministries for the Archdiocese of Toronto. Eliza is a mother of 7 and has given talks on a wide variety of subjects including parenting, education, communication and philosophy.

