



The Jewish Community Centre, Jewish Federation
and the KDHS PAC are partnering together to bring you

PARENTS ALTOGETHER

FREE PROGRAM

"Not Yet" - Using a Growth Mindset to Turn A Challenge Into A Success

How we respond when faced with challenges makes all the difference. Do we persevere in the face of difficulty, or do we give up? Do we celebrate failure and see it as an opportunity for learning, or are we afraid to take risks, knowing that they may end in a less than perfect result? What is the brain's role in our mindset and can we rewire it in order to change our patterns of thinking? How can parents and caregivers provide support as a growth mindset is developed?

Thursday, March 31
6:00pm

Jewish Community Centre | 950 West 41st Ave

FREE

Please bring a dish for a kosher-style
community potluck dinner.

Contact: inclusionservices@jccgv.bc.ca

Eaton Arrowsmith's ADRIENE OELMANN and SANDRA HEUSEL, along with their students, will draw on research, coupled with their experience at Eaton Arrowsmith School and Eaton Cognitive Improvement Centre, in order to share real life examples of how powerful one's mindset can be when tackling academic and social challenges.