



# Learning Together: Empowering Families Through Transitions A free two-evening conference

## Registration Now Open!

Please visit [yrdsb.ca/kindergarten](http://yrdsb.ca/kindergarten)

**Tuesday, March 29      6:30 pm - 8:30 pm**  
**Enjoy an evening session for parents/caregivers**

Welcome from Louise Sirisko, Director of Education for the York Region District School Board

Listen as Dr. Adele Diamond, an award winning neuroscientist, shares her knowledge about a child's developing brain, the importance of executive function skills and the role these skills have in learning.

Discover YRDSB and what resources we have to offer.

Join Alan Faigal, from Culture Shock Canada, who will demonstrate dancing as a form of adult self-care. Learn how to transform any space into a dance floor to get you moving!

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**Wednesday, March 30      6:30 pm - 8:30 pm**  
**Enjoy an exciting evening with children and parents/caregiver**

Join Alan Faigal for more family fun with music and movement for all to enjoy.

Join us for a peek into Kindergarten with our friend Chester the Raccoon, a character from the book, *The Kissing Hand* by Audrey Penn.

Learn about free programs and services in York Region communities

**Choose** from **one** of the four following interactive sessions:

- Are you looking for strategies to help your child overcome stress and go back to calm? This session, ***Journey from Co-Regulation to Self-Regulation***, is for you!
- Are you and your child feeling anxious about starting Kindergarten? This session ***Taming the Butterflies***, is for you!
- Want to have fun and support your child's math and literacy skills using everyday materials? This session, ***Homemade Math and Literacy***, is for you!
- Would you like to learn about how playing with the parts of spoken words helps build your child's understanding of how the alphabet works? This session, ***The Importance of Spoken Word Play***, is for you!



**Door Prizes - A chance to win a Learning Basket with materials for you to enjoy with your child!**