



# NEWS RELEASE

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For Immediate Release

March 8, 2007

## **Worried About Your Children's Stress Levels? DSBN Schools' Free Parent Workshops may have the answers**

Ever wonder how your children deal with stress or how your hectic lifestyle impacts on them? Two District School Board of Niagara schools may have the answers you need.

Glen Ridge Public School in St. Catharines and College Street School in Smithville will play host to Dr. Colin Sturdy, former principal with the Toronto District School Board, and now an advocate and speaker on topics such as Kids' Stress and Hurried Parent/Hurried Child - Breaking the Cycle.

A father and an educator for 25 years, Dr. Sturdy not only informs parents on these topics, he also entertains. Colin's personality, knowledge and experience translates to a passionate and dynamic speaker.

The workshops are offered free of charge to parents. For additional information and to register, please contact the appropriate school.

### **Saturday, March 24 at 9:00 am**

Glen Ridge Public School, 101 South Drive, St. Catharines  
(905) 685-9586

### **Wednesday, March 28 at 7:00 pm**

at College Street School, 132 College Street, Smithville  
(905) 957-7024

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### **For more information please contact:**

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### **District School Board of Niagara**

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Warren Hoshizaki, Director of Education and Secretary

