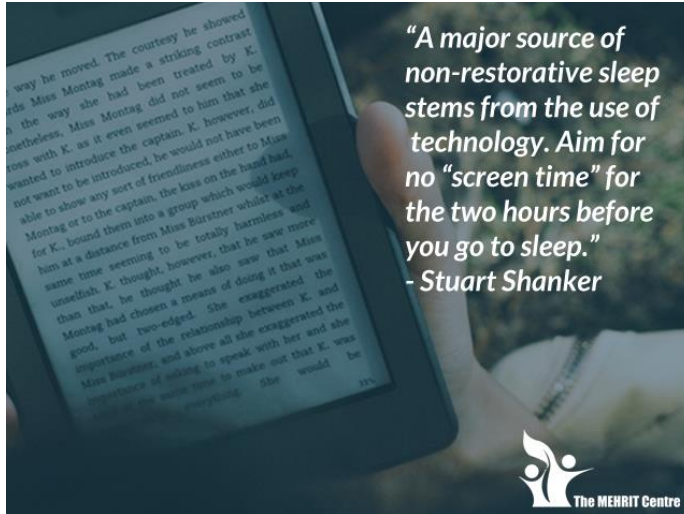


## Mental Health Moment

Welcome back to school! This year, this space will be focusing on self-regulation. For more information on how to support your child, check out

[www.self-reg.ca](http://www.self-reg.ca)



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