SIR WILLIAM OSLER School Council

PIAC Toronto District School Board Parent Involvement Advisory Committee

Ontario

# Fostering Family Resilience

## A Three-Part Initiative to Strengthen Parent Capacity, Digital Confidence, and Community Connection

### The BONDing Reset for Raising Resilient Children

Facilitator:
Lorraine LaPointe
Empowerment Coach, Educator & Author

Solution-focused coaching and training to build emotional regulation through social stories, reflective questions & connection strategies. Learn practical tools to strengthen your child's resilience. Take-home materials included.

**Feb 19**
**7 pm**
Virtual

### Building Digital Resilience for Parents through Hands-On AI Training

Trainer:
Dr. Todd Cunningham
Clinical & School Psychologist

Practical AI Tools for Parents & Caregivers: Learn safe, accessible AI tools to support your child's learning and daily life—from literacy and language development to visual schedules, organization, and customized supports tailored to their unique needs.

**Mar 30**
**7 pm**
In-Person/Virtual

### Transitions: A Facilitated Conversation Circle

Facilitator:
Kelly Casey, KC
Professional Solutions

Post-21 Transition Support Circle: Connect with other parents navigating adulthood transitions. Discuss challenges, share knowledge, and build community support in a facilitated, judgment-free space.

**May 6**
**6:30 pm**
In-Person/Potluck

**More Details Coming Soon**