



You Are a Gardener®

Dig into raising a new generation of emotionally empowered & resilient kids!

FAMILY SEL NIGHT



Join Author & SEL Advocate, Shanna Truffini for a #PullYourWeeds Family Workshop

Featuring an intro to the You Are a Gardener® mindset/vocabulary, and helpful tools to successfully implement & support the program at home. Rooted in self-compassion, inclusivity, mindfulness, empathy, confidence building, self-control, coping strategies & more.



**WEDNESDAY
MARCH 6TH**



**6:30 TO
7:30**



**BRASS CASTLE
SCHOOL**



**FREE EVENT
GIVEAWAYS &
RAFFLES**

Children are invited and will be engaged in an activity with school staff.

Light refreshments will be provided.

RSVP HERE —>

<https://forms.office.com/r/r0CpWxRq2y>

