

RJHS and RHS would like to invite all parents to our

## Parent Engagement Night

April 20, 2023

Raymond High School Gymnasium

Doors open at 6:30pm with the session starting at 7:00pm

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We are excited to welcome Rebecca Anderson and Jordan Ducharme



**Rebecca** graduated with a Masters in Clinical Social Work from the University of Calgary. She is currently the owner and full time Counsellor at Intuitive Counselling in Calgary AB. Rebecca specializes in working with people living with anxiety and trauma. She loves working with the youth and is passionate about helping families find better tools to communicate and connect. When she isn't in the counselling room, you can find her

enjoying nature, renovating her home, reading, and spending time with family and her two dogs. Rebecca will be speaking to us about resiliency and how as parents we can set boundaries.



**Jordan** is currently working for the Westwind School division. His focus is in the Cardston Jr High and Magrath Schools where he is a Family School Liaison Counsellor. FSLC work primarily in individual counselling and support models, with a wide range of topics. They help with mental health related issues that can interfere with a student's ability to function and succeed in school. In addition, the FSLC team works to provide support in group classroom settings to help foster improved self-regulation and student resiliency. Jordan will be speaking to us about anxiety versus anxiousness.