

JOIN THE CONVERSATION ON MINDING YOUR CHILD'S WELLNESS

You're invited...

Saint Bridget School PTO is sponsoring a program about children's wellness for parents of area Catholic and independent schools.

Wednesday, March 29, 6:45 – 8:15PM at Saint Bridget School
6011 York Road, Richmond, VA 23226

Resource Fair:

Organizations that support children's wellness will host tables before and after the keynote speaker and panel discussion.

Keynote Speaker:

Aradhana Bela Sood, M.D., M.S.H.A., F.A.A.C.A.P.
Senior Professor of Child and Adolescent Mental Health Policy

Panel Discussion:

Dr. Bela Sood

Matt Bitsko, PhD, LCP

Health & Family Psychologists of VA/Children's Hospital of Richmond at VCU

Grace Gallagher

Executive Director, Cameron Gallagher Foundation

Akela Silkman

Instruction Technology Specialist, Saint Bridget School

Alex Peavey

Upper School Counselor & Mindfulness and Mindful Leadership Teacher, Collegiate School

Questions? Contact: Kathleen Ellis, Elementary School Counselor, at kellis@saintbridget.org

