



ST. CLAIR CATHOLIC
DISTRICT SCHOOL BOARD

MEDIA RELEASE: FOR IMMEDIATE RELEASE

OUR VISION

Catholic Education † Future Ready

Thursday, May 7, 2020

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ST. CLAIR CATHOLIC OFFERS ‘SERENITY SESSIONS’ FOR PARENTS/GUARDIANS AND STUDENTS

The St. Clair Catholic District School Board Student Support and Wellbeing Team is leading Serenity Sessions for parents/guardians, students and staff. The sessions will be held weekly until further notice.

“We know that these extraordinary times can make many of us feel anxious,” says Deb Crawford, Director of Education. “These sessions will explore strategies to help us cope – to find peace in the midst of the storm. I want to thank Chris Preece, our Mental Health Lead and her team for providing this great support for our communities.”

It is important to note that these sessions are not therapeutic counseling sessions. Anyone who requires that level support is asked to contact Chris Preece at chris.preece@st-clair.net

The Serenity Sessions will be held:

- For parents/guardians – beginning Friday, May 8 at 10:00 a.m. and every Friday at 10:00 a.m. thereafter until further notice.
Go to <https://meet.google.com/azz-eczq-rvu?authuser=1>
- For students in Grade 7 and up, beginning Wednesday, May 13 at 2:00 p.m. and every Wednesday at 2:00 p.m. thereafter until further notice.
Go to <https://meet.google.com/bfx-rbis-dfo?authuser=1>

Anyone who has questions about the sessions should contact Chris Preece at chris.preece@st-clair.net