



Join us for a free presentation by The Sashbear Foundation

## Tips for Supporting Your Athlete's Mental Health

### Date:

Saturday, February 17, 2024

### Presentation times:

8:30-9:15 AM and 2:00-2:45 PM

### Where:

Etobicoke Olympium — 2nd Floor,  
OLYMPIC LOUNGE

### Information table:

Come see us in the cafeteria

9:30 AM to 4:00 PM

Our children face challenges on a daily basis - at school, at home, in the pool. Our swimmers don't always get best times and they don't win every race. They may start to feel anxious or overwhelmed and don't know how to manage their feelings.

During this free talk, you'll learn some tips to help support your children's mental health so they can be more resilient both in and out of the pool.

All are welcome! Presented by:  
The Sashbear Foundation

### About The Sashbear Foundation

The Sashbear Foundation is a charity recognized as a leading voice for Canadian families impacted by emotion dysregulation, suicidality, and related mental health challenges. Sashbear trains and empowers family members to share life-transforming skills, building community and hope through evidence-based skills programs, advocacy and education.

### Sashbear's programs include:

- Family Connections™ — a free 12-week course that teaches families new skills to effectively build mindful and compassionate relationships with loved ones living with emotional dysregulation
- community presentations
- online expert educational series
- school talks and presentations to teachers and school councils

### SPECIAL GUEST SPEAKERS:

- **Dan MacLean**, TDSB Trustee and parent of 2 Olympic swimmers, Brittany and Heather MacLean
- **Heather MacLean**, London 2012 Olympian

