

# My Curious Brain Workshop

Presented by:  
Jackie Eaton & Connie Herman

**February 12 & 13, 2025**

Home Inn & Suites  
253 Willis Crescent  
Saskatoon, SK

Workshop Times:

February 12: 9:00 a.m. – 4:00 p.m.

February 13: 9:00 a.m. – 2:00 p.m.



## This workshop will:

- Provide an introduction to the *My Curious Brain* book, virtual *Resource Room*, and *User Guide*.
- Explore the science, research, and theories that are the foundation for *My Curious Brain*, a resource to help adults and children better understand what happens to our brains, bodies, and behaviours when we experience stress.
- Share strategies and tools to support children and the adults in their lives.

**Cost: \$125** Lunch is included in the registration cost.

To register, visit:

<https://skprevention.ca/event/my-curious-brain-workshop-1/>

