

My Curious Brain Workshop

Presented by:

Jackie Eaton & Connie Herman

October 27–28, 2026

Home Inn & Suites
253 Willis Crescent
Saskatoon, SK

Workshop Times:

9:00 a.m. – 4:00 p.m.



This workshop will:

- Provide an introduction to the *My Curious Brain* book, virtual *Resource Room*, *User Guide*, and the newly developed *Certificate Program*.
- 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.

Participants will be required to complete the *My Curious Brain Certificate Program* as a prerequisite to attend the Workshop. The Program is offered as a free self-paced, online course (approximately 4 hours). Access to the Program will be provided upon paid registration for the Workshop.

Cost: \$150 Lunch is included in the registration cost.

To register, visit:

<https://skprevention.ca/event/my-curious-brain-workshop-3/>.

