

Parents as Partners Conference

Workshop Session: C5

Room: 201B

Eat to Learn

Equity Policy Advisory Committee (EPAC)

What we feed our children nutritionally and emotionally impacts their ability to learn and foster positive relationships. This workshop is designed to inform parents about nutritional values and introduce food products that support brain function and overall health. The emotional impacts of learning will be explored by examining parenting strategies for elementary aged children and teens. www.balephant.com, Healingherbally.com

Deborah Castello

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Deborah Castello is a Certified Holistic Nutritionist, Artist and Educator. Through her company Healingherbally.com she provides support to individuals and families on their journey to wellness. As a song writer and singer, she uses her musical talents as a source of healing and hope.

Keith Castello

Facilitator

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Keith Castello has presented parenting workshops across the GTA. As a parenting facilitator, he provides workshops to support families on their journey to raise confident, happy, responsible people. www.balephant.com.