HORS-PISTE program

Email to parents

Dear parents,

The HORS-PISTE workshops have now come to an end.

Your child learned a great deal from their participation in this program, which allowed them to test out a wide range of helpful strategies for navigating the challenges of adolescence. To reinforce what they learned and encourage them to apply these new strategies in their everyday life, we urge you to talk to them about their takeaways from the workshops.

To help keep the discussion moving, you can use the workshop summaries, available here: <https://sante-mentale-jeunesse.usherbrooke.ca/je-suis-un-parent/hors-piste/>

Feel free to reach out if you have any questions!

We look forward to hearing from you.

School staff

In collaboration with the Centre RBC d’expertise universitaire en santé mentale and the CISSS de la Montérégie-Centre