



CITIES FIT FOR children

Thriving Children – Start by Nurturing the Heart

**Insights from the Dalai Lama
Center for Peace & Education**

A SPECIAL EVENING FOR PARENTS AND CAREGIVERS

Wednesday, November 20
5:30pm-7:30pm *(doors open at 5:00pm)*

Surrey Arts Centre - Main Stage
13570 – 88 Avenue, Surrey, BC

Register Now! – \$10



By Phone

604.501.5100

Reg# 4351352



Online

[www.surrey.ca/
citiesfitforchildren](http://www.surrey.ca/citiesfitforchildren)

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Celebration of November 20
United Nations Universal Children's Day

The Dalai Lama Centre for Peace and Education's mission is to educate the hearts of children by informing, inspiring and engaging the communities around them. We start with the connection between a child's heart and mind, creating a foundation for success.

Come hear from two renowned experts about the 5 positive human qualities we can teach our children.



This conference is open to those who care for children - parents, grandparents, educators, youth leaders, childcare workers, community agencies, local government and conference delegates.

Featured Speakers:

Maria LeRose

Program Manager, Dalai Lama Center for Peace and Education Maria LeRose is an award-winning TV producer and interviewer, and an Adjunct Professor in the Faculty of Medicine at UBC. She received her Masters of Education from the University of British Columbia in the Department of Education and Counseling Psychology - with an emphasis on social and emotional development.

Adele Diamond, Ph.D.

Adele Diamond, Ph.D., neuroscientist, psychologist and educational innovator, is one of the world's leading researchers on pre-frontal cortex / executive function of brain development.

Lynn Miller, PhD

A leading expert on anxiety, Dr Lynn Miller has conducted research on different models of anxiety prevention programs in schools. She is an Associate Professor in the Education and Counseling Psychology and Special Education department at UBC, and a child and family



FOR PEACE+EDUCATION

