



JQ PAC is very pleased to co-host (with 7 other west side schools):

**The Self-Motivated Kid
with Dr. Shimi Kang**

**January 16, 2018 | 7-9pm | Lord Byng Secondary School
Auditorium**

Tix are \$6 online, \$8 at the door (if it's not sold out)

Tickets can be purchased [here](#)

JQ is very pleased to be able to offer you this parent ed opportunity. We are only able to do so because we are sharing the costs with 7 other Westside schools. Which also means you'll

**see all of your friends at the event as well. (How great is that?!)
Please take advantage of our genius planning. Next week we will
open the event to the public, so please purchase now to avoid
disappointment!**

“There is no such thing as an unmotivated kid”

– Dr. Shimi Kang

Raising Balanced Kids in an Unbalanced World

Technology overuse, junk food, bullying, social exclusion, and poor coping skills are just a few of the daily pressures on today’s parents. Anxiety, depression, sleep problems, and addiction are just a few of the concerning trends in kids.

How can parents raise balanced kids with healthy bodies, strong minds, and positive relationships in such an imbalanced world?

Learn & practice research-backed techniques to increase your child’s (and your own) health, happiness, and achievement. Leave with a practical 4 part formula for motivation that can be applied to any situation.

Dr. Shimi K. Kang is a Harvard-trained doctor, award-winning researcher, bestselling author, media expert, and

dynamic speaker. Dr. Kang is the current Medical Director of Child and Youth Mental Health for Vancouver and a Clinical Associate Professor at the University of British Columbia. She has worked across North America, Europe, and Asia and has helped thousands of people move towards better health and happiness. Dr. Kang is most proud of receiving the Diamond Jubilee Medal for her years of outstanding community service and being the mother of three amazing but exhausting children!

www.drshimikang.com

www.dolphinkids.ca

