



Self-discovery Journaling Workshop - Westmount

Begins Tuesday, May 16, 7 to 9 pm for 6 weeks

Journal Writing will:

- * Provide focus and insight
- * Reduce stress * Safely release emotions
- * Improve relationships
- * Clarify goals * Connect to your intuition

Helene Brunet, B.A. Honours, is Certified with the Therapeutic Writing Institute in Denver, Colorado. With 30 years journaling experience, she teaches 18 different techniques for self-directed, therapeutic change. Thousands of people have benefited from this method.

For information, call 514-620-2222.

Summer Journaling Retreat Eastern Township

inkwell.journaling@gmail.com
www.inkwelljournaling.com



Roslyn's Latulippe one of 3 teachers to receive EMSB honour

BY MARTIN C. BARRY

Officials with the English Montreal School Board (EMSB) gathered at Roslyn School on April 26 to pay homage to three EMSB teachers, including one who has taught at Roslyn for the past seven years - Nancy Latulippe.

The EMSB honours three teachers each year after receiving nominations. Latulippe, who teaches kindergarten, was chosen in the youth education category.

On hand to MC the event were Derick Fage and Catherine Verdon-Diamond, co-host and weather specialist respectively of CITY TV-Montreal's Breakfast Television.

Latulippe and the two other teachers - Stuart Chappell of the John F. Kennedy Adult Education Centre and Michael Creamer of Hampstead Elementary School - received \$100 gift cards from the P.F. Chang and La Cage aux Sports restaurants as prizes.

The Roslyn ceremony took place the week before the May 2 National Teachers' Day.



Roslyn School kindergarten teacher Nancy Latulippe (holding flowers) was recognized for her work as a teacher during a ceremony held at the school on May 2. She is standing with students, other teachers and staff from Roslyn, as well as representatives from CITY TV's Breakfast Television.



Congratulations on 10 years of service to Westmount!

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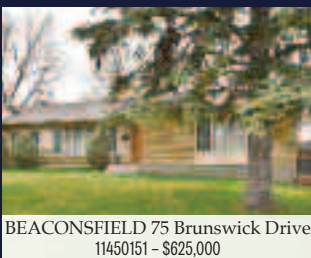
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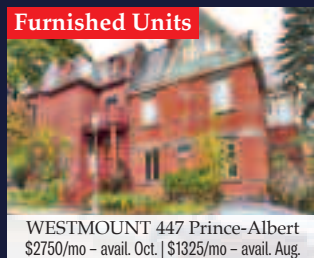
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