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# REGION 9 PTA

is excited to present  
an evening with  
Superintendent Jarman  
and Dr. Matt Swenson.



Superintendent Sam Jarman



Dr. Matt Swenson

**Wednesday, October 2**  
**at 7:00 pm**  
**Skyridge High School**  
**auditorium**

Together with the United Way, board-certified pediatric psychiatrist Matt Swenson has created a program called Everyday Strong. He believes that parents have power to help with their children's social and emotional health. This framework gives parents the tools they need to help their children. In August he addressed all 8,000 Alpine School District employees. We are excited to offer parents the opportunity to hear the same message. By working together we can improve the experience our children have in their schools. This event is open to all Alpine School District parents and guardians.



**EVERY DAY STRONG**

Parents have power to help with their children's social and emotional health.