

Family Night with DENSA

South Asian Heritage Month

May 2021



Yoga & Well-being with Advaita Movement

6:15–7:15 pm on May 6, 2021

Join Madura Sivanandan from Advaita Movement in our first family night event that will focus on health and well-being. Participants will learn relaxing techniques using Yoga.

Sign up at www.densa.ca or :<https://forms.gle/Vy3SGtpfihLxXF8a6>



STEM (Coding)

5:00 – 6:00 pm on May 11, 2021

Join Maria Khandaker to participate in an engaging STEM based Coding Workshop. This interactive workshop will be an excellent family night event for parents/guardians and students in Grades 4–12.

Sign up at www.densa.ca or :<https://forms.gle/yE4W355tYxQSPBQh6>



Colour Blind: Why Being “Not Racist” is Not Enough with Aubrey Noronha

6:00 – 7:00 pm on May 20, 2021

Join dynamic guest speaker, Aubrey Noronha, for a youth-friendly dialogue on conscious and unconscious bias, the evolution of the word “racism” and what “systemic” really means. This live event is open to all parents/guardians and students in Grades 7–12.

Sign up at www.densa.ca or :<https://forms.gle/h8bHTGpLQgisEurbo9>



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