



Sherrard Kuzz LLP Supports Youth Wellness

Now, more than ever, as we grapple with the impact of the COVID-19 pandemic, we need ways to support the wellness of our youth and young adults.

For several years, Sherrard Kuzz LLP has proudly supported [Head to Head](#), a Canada-wide, community based program that connects elite athletes, including Olympians, with youth, to promote resilience and wellness.

On February 10, 2021, Sherrard Kuzz LLP will sponsor a Head to Head webinar featuring two Olympians and World Championship Medalists.

Learn directly from these athletes how they use skills acquired in their sporting careers to build resilience and stay motivated through the challenges of this pandemic.

There is no cost to you - our guests. Simply sign up and participate with your family.

We hope this opportunity leaves you feeling positive and motivated, with few new tools to manage feelings of anxiety and stress.

- **Date:** February 10, 2021
- **Time:** 7:00 p.m. EST
- **Register:** By February 5, 2021 [HERE](#) (a Zoom link will be sent 24 hours prior to the event)

Resilience involves being able to recover from difficulties or change. Many refer to this as “bouncing back”. Resilient people tend to be empathic - that is, they can understand and sympathize with the feelings of others. They tend to be good communicators and problem solvers. They have a strong interest in education and are dedicated to learning. They're involved in meaningful activities and hopeful about the future.¹

¹ [CAMH](#)