



NEWS RELEASE

FOR IMMEDIATE RELEASE

August 18, 2020

Conference for Educators Helps our Teachers Step Back into the *Classroom* *Braver than Ever*

RELIT! 2020 for Educators and Parents

EDMONTON - Stepping back into the classroom has never taken more guts for educators than it will this year. A new national online conference being hosted out of Edmonton, seeks to help educators find their brave ahead of an uncertain start to the 2020 school year.

Clinical Psychologist and Author, Dr. Jody Carrington, is set to host the third annual RELIT! conference for educators, on Saturday, August 22, 2020 to help educators face a year like no other in their careers.

“My real passion lies in helping the people who hold our babies. If they aren’t okay, the kids don’t stand a chance,” Carrington explains. “RELIT! will start conversations and hold space for our most important lessons and emotions, all while celebrating the work that is education.”

Dr. Jody Carrington through her online platform has built a global cult following of educators, parents and mental health experts. This will be the third year for Dr. Carrington’s RELIT conference for educators. This year, it is moving to a live virtual platform for the first time ever. RELIT! aims to bring love, light and reconnection to educators, in preparation to head back to the classroom this fall amidst uncertainty as a result of the COVID-19 Global Pandemic in addition to renewed calls for a more inclusive education.

The theme for RELIT! 2020, #BringYourBrave, will provide teachers, educators or anyone who loves and leads children, with inspiration, hope and strategies to step back into the classroom braver than ever, featuring conversations to celebrate the work of education, and talk all things trauma, loss, racism, relationships, connection and joy.

Edmonton Media are Invited to the Technical Rehearsal of RELIT 2020

Date: Tuesday, August 18, 2020

Time: 12:30 p.m.

Location: The Creative Hive, 16819 111 Ave NW.

Interviews: *Dr. Jody Carrington is available for in-person media interviews along with the host of RELIT 2020, activist and actor, Jesse Lipscombe. Visuals include technical rehearsal with the Creative Hive team.*

Dr. Jody will share the RELIT! stage with some of the best in the business from the U.S and Canada including, Laurie McIntosh, Joe Dombrowski, Naomi O'Brien, LaNesha Tabb, Jeremy Allen, and their host, Jesse Lipscombe.

Stepping back into the classroom braver than ever: RELIT! 2020 will connect educators around the world in a one-day virtual event.

RELIT! 2020 tickets are available to purchase [online here](#).

Step back into the classroom better than ever, attend RELIT! 2020 online, August 22, 2020.

About Dr. Jody Carrington

Dr Jody Carrington is a psychologist, author and speaker, who specializes in building strong communities, one relationship at a time. Jody passionately believes in the power of the relationship with the people we love, lead, and teach. Her favorite thing on the planet is to speak with educators – they have the power to change the trajectory of a life every single day. It's time, she believes, that we need to start focusing less on kids these days, and more on those who hold them every day. Her first book, "Kids These Days" is a Canadian Bestseller, and she is the active CEO of the Carrington Practice.

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