



Windsor-Essex Catholic District School Board

MEDIA ADVISORY



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**For Immediate Release
November 11, 2009**

INTERNATIONALLY KNOWN PROGRAM COMES TO CATHOLIC CENTRAL HIGH SCHOOL

Since 1987, Challenge Day programs have touched the lives of hundreds of thousands of teens and adults across North America. The program has received numerous awards and was featured in the book *Chicken Soup for the Teenage Soul* and the Emmy Award-winning documentary *Teen Files: Surviving High School*. It was also featured on the Oprah Winfrey show. This Thursday, Challenge Day is coming to Catholic Central High School. The event is a powerful, high-energy program in which youth and adult participants are guided through a series of experiential learning processes. The overall goals of the program are to increase personal power and self-esteem; to shift dangerous peer pressure to positive peer support; and, to eliminate the acceptability of teasing, violence and all forms of oppression.

Due to the emotional and sensitive topics to be discussed by the students, members of the media are asked to comply with certain guidelines. Those guidelines can be found in an attachment included with this release.

DATE: Thursday, November 12, 2009

TIME: 8:30 – 11:00 a.m. or after 2:30 p.m.

LOCATION: Catholic Central High School, 441 Tecumseh Rd. East

All media are invited to attend this event during the specified time period.

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For further information contact:

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