

Community Education Service



Improving emotional health and well being

Understanding Stress and Anxiety

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A discussion on anxiety and stress in adolescents; what it is, what it may look like, how you can help your youth. This session will teach attendees strategies such as mindfulness and relaxation. It will also provide resources that can support caregivers and their youth.

FREE WEBINAR

Monday, February 10, 2020
6:30 - 8:30 PM

[Register](#)

<http://community.hmhc.ca>