

# Community Education Service



*Improving emotional health and well being*

## Kids Have Stress Too™

Vicki Tole CYC Mental Health First Aid Instructor &  
Stephanie Sands BSc

An introduction to key aspects of early childhood and brain development, and the crucial role parents and professionals play in buffering the impact of stress on children. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

## FREE WEBINAR

**December 9, 2020**  
**6:30 PM - 8:30 PM**

[Register](#)

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This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **RVS, MHCB Stepping Stones to Mental Health.**

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