

# Community Education Service



## How fast can the treadmill go?

Helping families and students endure daily stressors

**Dr. Peter Nieman** FRCP (C) FAAP

Pediatrician, Author, Health Coach [www.drnieman.com](http://www.drnieman.com)

**November 28, 2017**

**6:30 - 8:30 pm**

**Sign in: 6:15pm**

**Rundle College**

**7375 17th Avenue SW, Calgary**

Session is FREE  
of charge

**Register: <http://fcrc.ahs.ca/ces/>**

For more information: email [ces@ahs.ca](mailto:ces@ahs.ca) or call (403) 955-4747

Anxiety and stress are very real daily stressors for more and more families. Rising expectations and continually expanding curriculums leave students faced with a blizzard of options. To help parents proactively face these very pressing and potentially destructive issues, Dr. Nieman will describe the trend of socially and academically stressed teens, and offer tools and strategies to increase resilience, thus helping families better understand, manage and support their child's anxiety.

Dr. Nieman authored **Moving Forward: The Power of Consistent Choices in Everyday Life**

**Level I:** This session presents on social and academic stress in students, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addictions & Mental Health Portfolio & Psychiatry (CAAMHPP) of AHS in partnership with **Dr. Nieman and Rundle College.**