

Community Education Service



Understanding Childhood Stress & Anxiety

Michelle Deen, MEd., R. Psych., & Stephanie Wasylyk

November 21, 2017

6:30 - 8:30 pm

Sign in: 6:15pm

East Lake School

325 Kinnibugh Blvd, Chestermere

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

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

A discussion on anxiety and stress in children; what it is, what it may look like, how you can help your child. How to use strategies such as mindfulness and relaxation with your child as well as resources that can support caregivers and their children.

This Level 1 session presents on childhood stress and anxiety, 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 **RVS, MHC B Stepping Stones to Mental Health.**