

Community Education Service



Kids Have Stress Too

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December 12, 2017

6:30 - 8:30 pm

Sign in: 6:15 pm

Mitford School

110 Quigley Drive, Cochrane

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

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

An introduction to key aspect 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.

Level I: This session presents an overview of stress in kids 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 & Adolescent Addictions & Mental Health Portfolio & Psychiatry (CAAMHPP) of Alberta Health Services in partnership with **RVS, MHC B Stepping Stones to Mental Health.**