

Community Education Service

Understanding Childhood Stress & Anxiety

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February 5, 2019

6:30 pm - 8:30 pm

Sign in: 6:15pm

**Bert Church High School
1010 E Lake Blvd SE, Airdrie**

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

A discussion on anxiety and stress in children; what it is, what it may look like and 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.

Level I: This session presents an overview of childhood stress & 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 Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & [RVS, MHCB Stepping Stones to Mental Health](#).