

# Community Education Service FREE WEBINAR



## Understanding Childhood Stress & Anxiety

John Laing B.A, B.Dipl, M.Ed, R. Psych.

Tuesday, October 8, 2019

6:30pm – 8:30pm

(Calgary Time)

Register: <http://community.hmhc.ca/sessions/?p=online>

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.