

Community Education Service



Improving emotional health and well being

Kids Have Stress Too™

Allison Salazar, MA School Counselling &
Stephanie Sands BSc

An introduction to key aspects of early childhood and brain development, and the crucial role parents and professionals play in buffering the impact of stress on kids. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

FREE WEBINAR

October 27, 2021
1:00 PM - 3:00 PM

[Register](#)

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **RVS, MHC B Stepping Stones to Mental Health.**