

Community Education Service



Improving emotional health and well being

Kids Have Stress Too

Vicki Tole CCYC, MHFA Instructor

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 children. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

FREE WEBINAR

**Thursday, May 28, 2020
6:00 - 7:30 PM**

[Register](#)

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