

## **Community Education Service**



Improving emotional health and well being

## On the edge of our seats: when excitement tips into anxiety

Jessica McDonald B.A. Psych, MOC, R. Psych. Comfy Couch Psychology

Learn about classroom anxiety and strategies to address stress and improve performance.

This session covers what anxiety can look like in a school setting, and how it affects a child's academic performance.

Participants are offered practical tools and strategies to support children in managing their anxiety at school.

Tailored for grades 3-9.



Monday February 7 2022 6:30 pm

Click here to register

FREE

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 & Comfy Couch Psychology