

Community Education Service



Improving emotional health and well being

Understanding Childhood Stress & Anxiety

John Laing, Registered Psychologist

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.

FREE LEARNING

September 21, 2021
1:00 PM – 2:30 PM

[Session Link](#)

****This session DOES NOT require registration, please click the link above at the session time to access****