

# Community Education Service



*Improving emotional health and well being*

## Kids Have Stress Too™

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Suzan Jensen, Coordinator of Parent & Caregiver Support Services  
(PCSS)

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](#)

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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 and Chestermere Parent & Caregiver Support Services.