

# Community Education Service



*Improving emotional health and well being*

## Helping Young People Thrive in a Stressed-out World

Strong Mind Strong Kids programs by Psychology Canada –

Promoting the mental well-being of children and youth in Canada

**Susanne Harach-Vatne**, Prof Development for Early Learning & Care Professionals, Educator Parenting Programs; Strong Minds Strong Kids PD Ed, ZYT TOT The Growing Brain -Birth to 5, ZYT TOT Critical Competencies for Infant & Toddler Educators, AHS TOT Psychological First Aid, Trauma Informed Care Provider Facilitator, Facilitator Families Matter Society

**Will discuss tools & stress management strategies to help older children learn to recognize and manage their stress and emotions. Will also speak to how to help older children learn how to cope with stress, better express their feelings & emotions, promote social-emotional development & self-regulation.**

**Learn about stress from an older child's point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.**

**Will focus on children 7-12 years old.**

**Tuesday Jan 25 2022  
6:30-8:30pm**

This session will be offered through Zoom

Click here to  
register  
**FREE**  
online event

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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 & **Families Matter Society**.