

# Community Education Service



*Improving emotional health and well being*

## Stress Management

**Presenter: Ruta Vilunaite**  
Bachelor's degree in Social Pedagogy and Master in Social Work  
Youth Facilitator - Viewpoints Calgary  
Closer to Home Community Services

Participants will learn:

- Signs of stress and how to recognize them.
- Support for kids and teens in stress management.
- Stress sources and levels.
- How stress affects our body and mental health.



**Closer to Home**  
COMMUNITY SERVICES

**September 20, 2023**  
**12:00 PM- 1:30 PM**

Click here to

**Register**

Free online event

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This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **Closer to Home Community Services**