

Community Education Service



Improving emotional health and wellbeing

Stress Management for Children and Youth

**Presented by: Ruta Vilunaite, MSW, RSW, Youth Facilitator,
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

**May 14, 2025
2:00 PM – 3:30 PM**

[Click here to register](#)

FREE

[online event](#)



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of [Recovery Alberta](#) and [Closer to Home Community Services](#).