Free

Kids Have Stress Too!

School aged children and youth

October 9 1 p.m. to 3 p.m.

Stress is a natural part of everyday life that affects us all. Some stress is good, but some stress can have lasting effects on our health and well-being.

Explore what stress is and how it affects our brains and bodies, and discuss practical strategies for supporting our students in reducing and managing their stress focusing on classroom and school-based environments.

This session is intended for individuals working within a school environment however any person working with or supporting school aged children/youth is welcome to join.

Click **here** to register

In partnership with Strathcona County's Mental Health Capacity Building Program. Strathcona County's Mental Health Capacity Program is made possible through Alberta Health Services and Strathcona County.

STRATHCONA COUNTY