Strengthen Your Child's Resilience:

Managing Child and Youth Stress

Julie-Anne Richards, who presented 'Childhood Anxiety' last year, returns to the Peninsula

EMPOWERING STRATEGIES.

EFFECTIVE SUPPORT.

- Learn the difference between stress and anxiety
- Receive professional guidance and effective stress management strategies for both home and school settings
- Discuss common challenges in supporting youth experiencing stress

Feb 7, 6:30-8:30pm

Bayside Middle School

Workshop for Parents/Guardians

of W̱SÁNEĆ and Saanich School Districts

Register on-line:
https://www.eventbrite.ca/e/strengthen-your-childs-coping-skills-managing-youth-stress-tickets-30315311914

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