

Community Education Service



Kids Have Stress Too

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Early Childhood Educator, Parent Link Centre

January 26, 2017

Session: 6:30 - 8:30pm

Sign in: 6:15pm

Mitford School

110 Quigley Drive, **Cochrane**

Session is FREE
of charge/
Parking fees
may apply

Register: <http://fcrc.ahs.ca/ces/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

An introduction to key aspects of early childhood and brain development, and the crucial role parents and professionals play in buffering the impact of stress on kids.

Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

Level I: This session presents an overview of stress in younger children, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child & Adolescent Addictions & Mental Health Portfolio & Psychiatry (CAAMHPP) of AHS in partnership with **Rocky View Schools**, **MHCB Stepping Stones to Mental Health** and **Parent Link Ctr.**