



**Canadian Mental
Health Association**
New Brunswick
Mental health for all

**Association canadienne
pour la santé mentale**
Nouveau-Brunswick
La santé mentale pour tous

How to Help Kids Handle Stress

ARE YOU A PARENT OR CAREGIVER TO A YOUNG CHILD?

IF SO, THIS TRAINING IS FOR YOU!



Stress among children is estimated to have increased 45% over the past 30 years.

The good news is that building emotional health and resiliency can help children concentrate, learn, interact more successfully and deal with other stressors they may face in their lives.

To Pre-register Contact:

Contact: Kaitee Stairs
Phone: 506-325-3943
Email: Kaitee.macdougall@gnb.ca

Dates: Saturday, January 19th 2019
Location: Harvey Health Center
Time: 10 am – 5 pm
Cost: FREE

Pre-registration deadline is:
January 16th 2019

