

Presented By  
Canadian Mental  
Health Association  
Saint John Branch



March 19<sup>th</sup> & 26<sup>th</sup>  
6:00-8:00 PM

Glen Falls School



Participants will take  
home a toolbox of  
activities.

Seating is Limited

**To Register Contact:**  
Canadian Mental Health  
Association Saint John Branch  
Phone: 633-1705

Childcare & transportation  
are available



United Way of Greater  
Saint John Member Agency



Seeking Parents/Grandparents/Caregivers  
of Children Age 4 to 9

## How to Help Kids Handle Stress

Adults aren't the only ones  
who feel stressed.

**Kids do too.**

Some stress is normal.  
Too much stress is not good.

**Help your child to:**

- Gain a sense of control
- Learn how to relax
- Learn a "can-do" attitude



This program is sponsored by:

Early Childhood  
Development Coalition  
Supporting our Children, Building our Future

MindCare Funding Hope and Understanding  
Pour le mieux-être de l'esprit