

Kids Have Stress Too!

For parents of school aged children

A *two session* program that helps parents to better understand stress in children

The program covers:

- What is “stress” for your children?
- How does stress affect your children?
- How to help your children cope with stress.

There are many reasons why children experience stress. This program will help you learn effective ways to support your children who deal with stress. It is facilitated by a Toronto Public Health Nurse.

Dates: Wednesday April 22 and Tuesday April 28

Time: 6 pm - 8 pm

Place: Duke of Connaught Staff Room

Childcare and refreshments will be provided.

All are welcome, but pre-registration is required.

Register by email: dukeschoolcouncil@gmail.com

or by returning the form below to your child’s classroom teacher.



“Kids Have Stress Too!” Workshop

Participant: _____

Number of Children requiring care: _____