



## Strong Minds Strong Kids, Psychology Canada

### Taking Care of You

Everyone from parents to teachers, to Early Childhood Educators, Child & Youth Workers, EAs, psychologists, social workers and anyone in a child serving profession are facing uncertainty as we head back to school in January. Learn more about what you can do to nurture resilience in children and youth while also taking care of you. This live workshop delivered by our Stress Management expert will walk you through Adult Stress Management Resources and support the mental wellbeing of you and your staff with our Stress Strategies interactive tool, Workplace Resiliency booklets, teacher tips and more.

DATE: January 26<sup>th</sup>, 2022

[Register here](#) for the 12pm-1:30pm time slot

[Register here](#) for the 7pm-8:30pm time slot

**Strong Minds Strong Kids, Psychology Canada**  
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