



Strong Minds Strong Kids, Psychology Canada

Masterclass in Stress Management for Parents and Caregivers

Strong Minds Strong Kids, Psychology Canada has been nurturing resiliency in children and youth with evaluated and evidence informed programs for over 45 years. Our years of experience have taught us that the caring adults in a child or youth's life are a very important factor in nurturing their resilience. Nurturing resilience in adults helps nurture resilience in kids.

Join us for our workshop "Masterclass in Stress Management for Parents and Caregivers". This 1.5 hour workshop on the fundamentals of stress and resiliency is the first step towards understanding, recognizing and applying strategies to support the young people in your life manage life's inevitable ups and downs. This program will walk participants through skill-based activities that guide them to recognize the signs and symptoms of stress in their children and youth, understand what stress "feels" like, identify their children and youth's stressors and their impacts, see the upside of stress, and learn to support their children with the implementation of coping and problem-solving strategies.

DATE: March 8th, 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
From The Psychology Foundation of Canada
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Charitable registration number 88921 2395 RR0001