

**Erika Nason, L.Psych.**  
**Joan Wright & Associates**  
142 Brunswick Street  
Fredericton, N.B. E3B 1G6

<b>Parent Information Session</b>
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What: ***“Kid Stress and Anxiety: How Parents Can Help”***

Facilitator: Erika Nason, M.A., L.Psych

When: Wednesday October 10<sup>th</sup>, 6:30-7:30pm

Where: Liverpool Elementary School

Stress is a natural response to help us navigate temporarily difficult situations. But what happens when it is chronic and holds our kids back from having fun, going to school or engaging in new opportunities? Furthermore, going back to school and/or community tragedies can heighten a child’s stress response.

Parents/guardians will learn more about the impact of stress and how to help your child feel less overwhelmed and more empowered to cope and move forward. Format will be a brief presentation, discussion and opportunity for questions.

If you are interested, please RSVP by Friday October 5<sup>th</sup> at [nasonjwa@gmail.com](mailto:nasonjwa@gmail.com)