



**Canadian Mental  
Health Association**  
New Brunswick  
*Mental health for all*

**Association canadienne  
pour la santé mentale**  
Nouveau-Brunswick  
*La santé mentale pour tous*

## How to Help Kids Handle Stress

**ARE YOU A PARENT OR CAREGIVER TO A YOUNG CHILD?**

**IF SO, THIS TRAINING IS FOR YOU!**



Stress among children is estimated to have increased 45% over the past 30 years.

The good news is that building emotional health and resiliency can help children concentrate, learn, interact more successfully and deal with other stressors they may face in their lives.

## To Pre-register Contact:

**Contact:** Kaitee Stairs  
**Phone:** 506-325-3943  
**Email:** [Kaitee.macdougall@gnb.ca](mailto:Kaitee.macdougall@gnb.ca)

**Dates:** Saturday, January 19<sup>th</sup> 2019  
**Location:** Harvey Health Center  
**Time:** 10 am – 5 pm  
**Cost:** FREE

**Pre-registration deadline is:**  
January 16<sup>th</sup> 2019

