

# Kids Have Stress Too!®

A program from The Psychology Foundation of Canada designed to help children develop the coping skills they require to manage the stress in their lives.



## Did you know?

- Stress can affect children's physical, emotional, social and intellectual well-being
- Children experience everyday stress in a different way than adults
- Extreme stress can have a negative effect on brain development in very young children

By participating in this workshop, participants will:

- Learn how to recognize stress in children
- Identify how you can help children learn to manage stress

## Workshop Details:

A Workshop for child care providers, parents, teachers and anyone else with an interest in healthy young children.

Location: YMCA of Northern BC

Date & Time: Saturday, October 19, 2019 9:30am to 4:00pm

Cost: Members \$25.00; Non-members \$30.00

For more information and registration contact CCRR at 250-563-2483 or 1-800-680-6699 or email

[crr@nbc.ymca.ca](mailto:crr@nbc.ymca.ca)

Lunch and Manual included



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