

Kids Have Stress Too!

A three-session parent and caregiver workshop designed to help you better understand childhood stress and ways to help your children manage anxiety and stress.

Virtual on Microsoft Teams

Thursdays, November 16, 23, 30
6:30 – 7:30 p.m.



To register or for EarlyON Information:

Children's Services Department

1-866-433-8933 Ext. 2374

Mon. to Fri., 8 a.m.- 4 p.m. except holidays

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