

Anxiety and Elementary

Presented By: **Calgary Health Promotion Services (CHPS)**

Fee: **\$0.00**

Date(s) & Time(s)

September 22, 2022: 4:00 PM - 6:00 PM

Venue:

Online -

About the Session

Target Audience: K-6 teachers, educational assistants, parents, administrators and guidance counsellors are encouraged to attend.

Anxiety is one of the most common mental health concerns affecting children and families across the lifespan. Parents and schools play an essential role in helping children manage their anxiety. This session will explore what anxiety and stress are, how to recognize it, and how to support resilience.

About the Presenter(s)

Calgary Health Promotion Services (CHPS)

The Health Promotion Facilitators on the Community Health Promotion Services (CHPS) Team connect, consult, collaborate, and contribute resources to communities. Their mission is to prevent and reduce harms related to alcohol, drugs and mental health disorders by maximizing the well-being of children, adolescents and families.

Registration Notes:

This session will not be recorded.

Session times are Mountain Time

