



FREE Parent & Caregiver Workshop

KIDS HAVE STRESS TOO!

**THURSDAY
FEBRUARY 17TH
@ 7PM, VIA ZOOM**

It's a stressful world. In some ways, today's families are under more stress than ever before and that includes kids. If children can learn to respond to stress in a healthy and constructive way early on, they will be more resilient and better able to cope with whatever life sends their way.

Join us for this informational workshop on what causes stress in our children and what we can do to help

To register, please call
403-652-8633 or email
gffc@highriver.ca

