The Consortium
Calgary Office

Anxiety and Youth

PRESENTED BY

Calgary Health Promotion Services (CHPS)

SERIES SESSIONS

Date	Time
April 18, 2023	4:00 PM - 5:30 PM

LOCATION

Online

FEE

$0.00

QUESTIONS?

Contact Us:
calgary@aplc.ca
403-291-0967

REGISTER ONLINE

Visit our website to register:
calgary.aplc.ca

Learning Opportunity

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.

Presenters

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 recorded.

All session times are Mountain Time.