The Consortium
Calgary Office

Anxiety and Youth

PRESENTED BY

Calgary Health Promotion Services (CHPS)

SERIES SESSIONS

Date	Time
November 21, 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

Target Audience: All adminitrators, educational assistants, guidance counsellors, instructional leaders, parents, pre-service teachers, support staff and teachers 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.

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

All times are mountain time.

This session will NOT be recorded.