

Community Education Service



Improving emotional health and well being

Stress Management

Presenter: Ruta Vilunaite
Bachelor's degree in Social Pedagogy and Master in Social Work
Youth Facilitator - Viewpoints Calgary
Closer to Home Community Services

Participants will learn:

- Signs of stress and how to recognize them.
- Support for kids and teens in stress management.
- Stress sources and levels.
- How stress affects our body and mental health.

September 20, 2023
12:00 PM- 1:30 PM



Closer to Home
COMMUNITY SERVICES

Click here to
Register
Free online event

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with Closer to Home Community Services

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"Go, Tigers!"