

Strengthen Your Child's Resilience: Managing Child and Youth Stress



Julie-Anne Richards, who presented 'Childhood Anxiety' last year, returns to the Peninsula

**EMPOWERING
STRATEGIES.
EFFECTIVE SUPPORT.**

- Learn the difference between stress and anxiety
- Receive professional guidance and effective stress management strategies for both home and school settings
- Discuss common challenges in supporting youth experiencing stress

Feb 7, 6:30-8:30pm

Bayside Middle School

Workshop for Parents/Guardians

of W̱SÁNEĆ and Saanich School Districts

Register on-line: [Youth Stress Management](#)

Julie-Anne Richards M.A, R.C.C., C.C.C.

Registered Clinical Counsellor,

Psycho-Educational Consultant

www.JulieAnneRichards.com

