



Kids Have Stress Too!®

Kids Have Stress Too!® is a research-based program designed to teach children how to recognize and deal with stress.



- Children will learn techniques to cope with stress, manage emotions and address the signs of stress before getting overwhelmed.
- For children 9-12 years of age

- **Tuesdays, January 18 to March 1, 2022**
- **4:00pm-5:00pm**
- **Program will be held virtually on Zoom**

You will need access to the Internet and a working video/microphone on a phone, tablet or computer device. A link to the program will be emailed weekly to participants.



To register, contact Kelly:
EMAIL: klo@vaughanchc.com
CALL: 905-303-8490 Ext. 2653

If awaiting email communications from VCHC staff, please remember to check "junk" folder in your inbox to ensure you receive our email communications.

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