

A reminder that

Epiphany of Our Lord Catholic Academy
is pleased to host an interactive workshop

Helping Your Kids Manage Stress

Thursday, April 28, 2011

7 to 9pm

presented by Patricia Merka*.



Aims of the workshop:

- ❖ Learn what stressors children and teens experience
- ❖ Recognize the symptoms of stress in children and teens
- ❖ Learn strategies to help children and teens deal with the stressors that affect them

Workshop details:

- ❖ This interactive workshop is designed to help parents identify signs of stress in children and teens
- ❖ Strategies for helping children and teens cope with stress will be discussed

Please join us!

Babysitting will be provided in the kindergarten room.

Refreshments will be provided.

This workshop is made possible through the "Parent Reaching Out Grant".

**Epiphany of Our Lord Catholic Academy, 3150 Pharmacy Ave,
Scarborough, Ontario 416-393-5378**