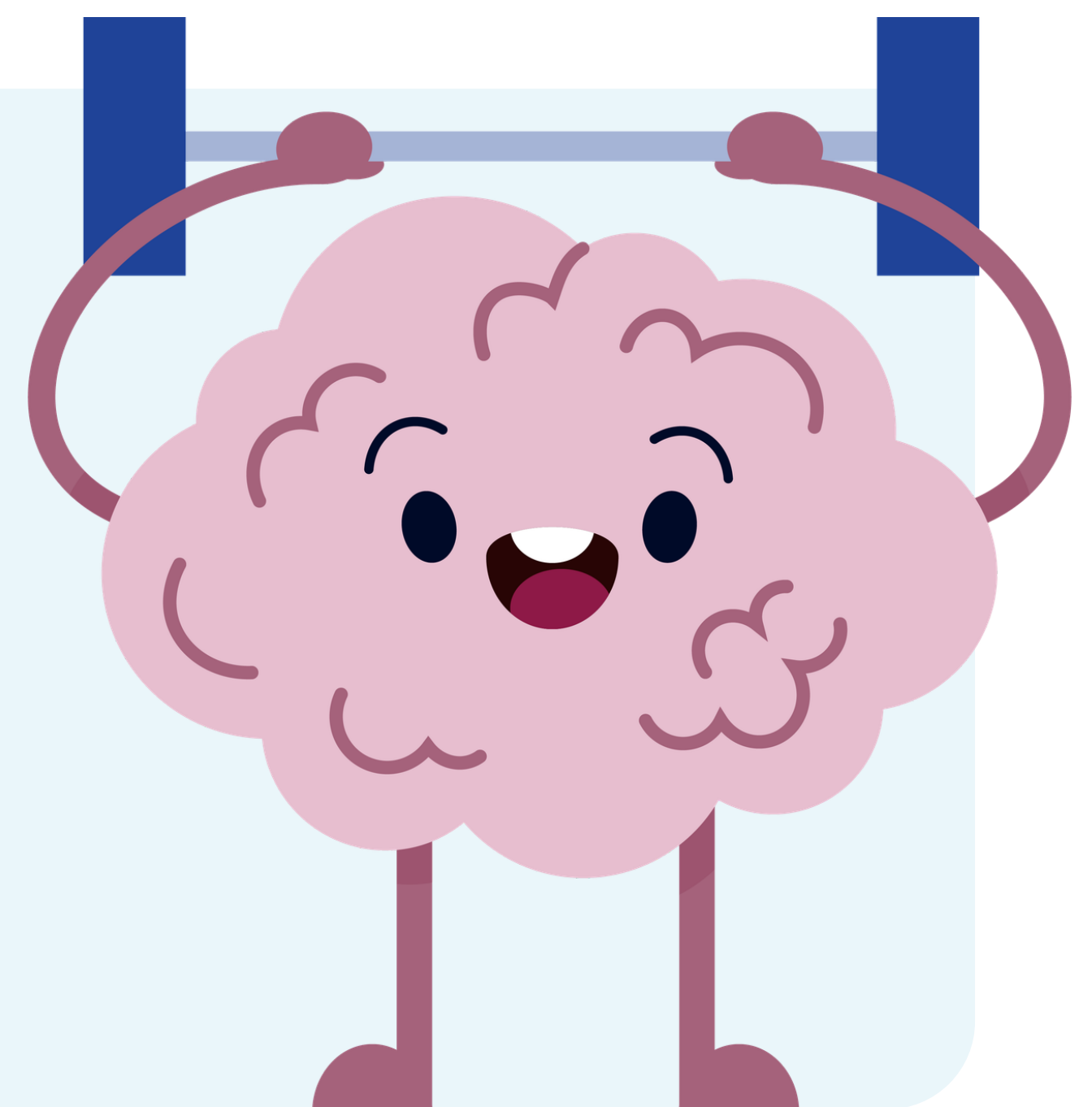


Child & Adolescent Mental Health Care Program

Building skills for mental wellness through education, guidance and connection.

Virtual Workshop Series

- What is anxiety and why it happens
- How the brain and body respond to stress
- Practical coping and management strategies
- Identifying and understanding emotions
- Everyday habits for emotional wellness
- Build skills to manage crisis and intense emotions



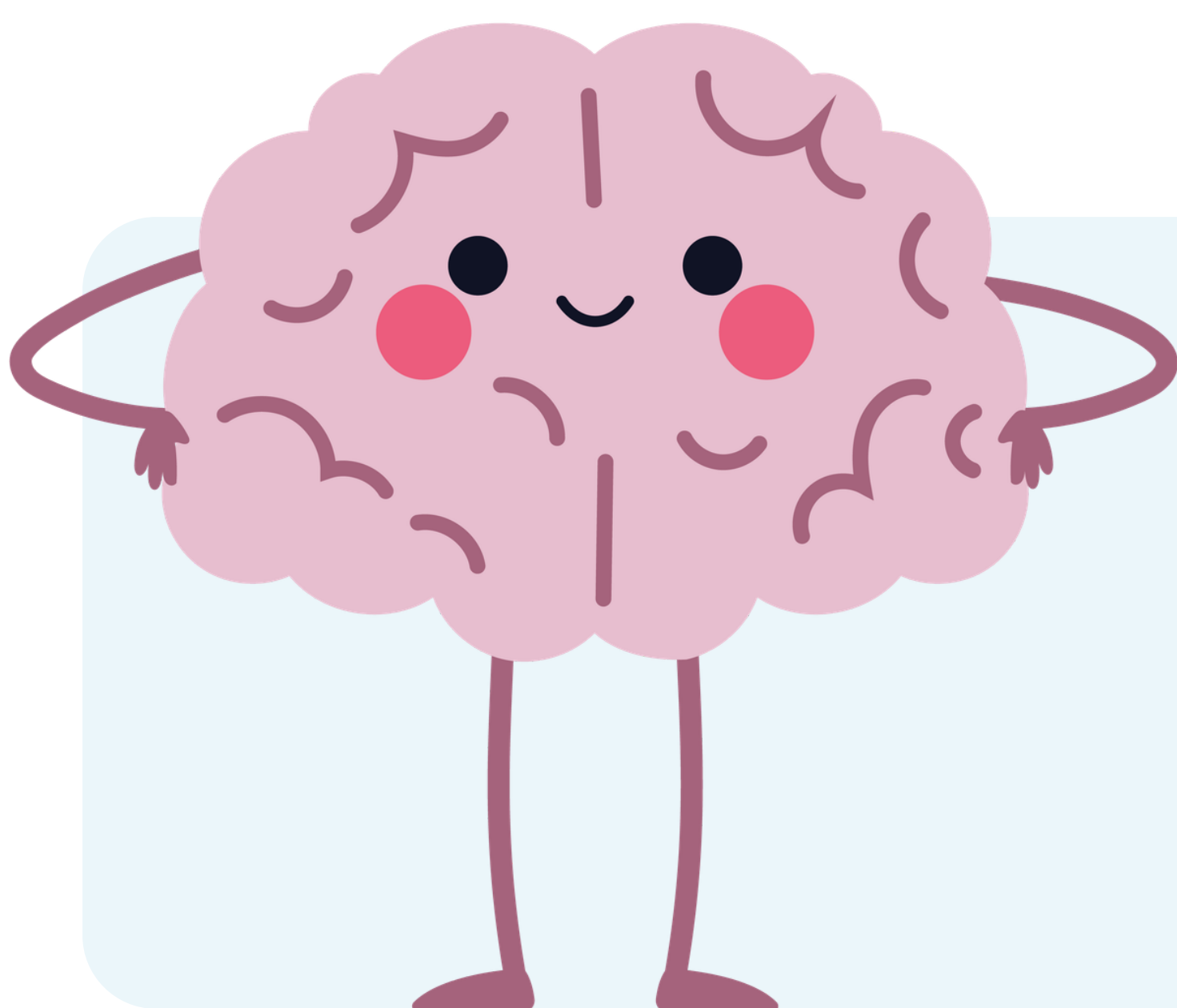
Virtual Workshop Series

What is it?

- 1-hour virtual workshop webinar sessions.

Who is it for?

- Youth ages 12-18
- Caregivers of youth struggling with mental health concerns



For more information or to register, please scan the QR code.

