

# CHILDHOOD STRESS & ANXIETY BUILDING RESILIENCE

EMPOWERING STRATEGIES

EFFECTIVE SUPPORTS



Presentation and Discussion By:

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Thursday, February 28, 2019

6:00-8:00 pm

## COURTENAY ELEMENTARY

1540 McPhee Ave, Courtenay  
for Parents, Caregivers  
& Educators

All Community Welcome

**Tailored for Parents,  
Caregivers & Educators  
supporting children  
from ages 5-12 (K-Gr.6)  
experiencing stress &  
anxiety**

**PRESENTATION  
INCLUDING Q & A**

## Free Event!

**REGISTRATION REQUIRED** (Click to Register)

<https://www.eventbrite.ca/e/childhood-anxiety-presentation-tickets-53577922007>

All Adults from Schools in the District Welcome

Hosted by Courtenay Elementary & Comox Valley District 71

Limited Childminding Available - Registration Required

Funded by the Eric Palmer Memorial Foundation [www.ericfoundation.com](http://www.ericfoundation.com)