



# Stress & Anxiety

Helping children through understanding

**When:** Tuesday, March 31, 2020, from 6:30 - 8:00pm

**Where:** Multipurpose room, Wellness Centre at Jeffery Hale  
1270 chemin Sainte-Foy, Québec, G1S 2M4

**Free parking!**

Parents and caregivers, you play a crucial role in supporting children and teens through anxious times during their school years, from elementary school, to high school and beyond. Join clinical psychologist **Nathalie Bertrand** to learn about anxiety in children and teens:

- Strategies for helping your child or teen manage their anxiety
- How to know if their behaviour is normal
- How to support them as they manage their challenges
- Where to get support when you need it

For more information or to register, please contact:  
Ellie Fleming, 418-684-5333 ext.1265 or [efleming@jhpartners.net](mailto:efleming@jhpartners.net)