



Stress & the Family

If you are looking for ways to minimize the stress in your family & your children's lives, these workshops are for you.

Parents & Caregivers of Children under 5 years

Tuesday, Oct 13 6:30 - 8:30 pm 48128

Parents & Caregivers of Elementary School Age

Tuesday, Nov 3 6:30 - 8:30 pm 48129

Parents & Caregivers of Teens

Tuesday, Nov 24 6:30 - 8:30 pm 48130

\$5/person/workshop

Take home information and booklets are from the Psychology Foundation of Canada - Kids Have Stress Too resources.

For more information &/or to request Workshop Subsidy - please call ENHS Family Services at 250-385-2635 ext. 207

Limited Childminding Available