

# CHILDHOOD STRESS & ANXIETY BUILDING RESILIENCE

EMPOWERING STRATEGIES

EFFECTIVE SUPPORTS



**ZOOM Presentation and Discussion By:**

**Julie-Anne Richards**, M.A., R.C.C., C.C.C.

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6:30-8:00 pm

Tuesday

December 1, 2020

**REGISTER TO RECEIVE  
ZOOM SIGN-UP LINK**

**Hosted by Sir James  
Douglas Elementary**

Tailored for Parents,  
Caregivers and Educators  
supporting children  
ages 5 - 11

**VIRTUAL  
PRESENTATION**  
Please download **ZOOM**  
App to your device and  
the Link will be emailed  
to you December 1

**Free Event!**

**REGISTRATION REQUIRED** (Click to Register)

<https://www.eventbrite.ca/e/free-virtual-presentation-on-childhood-anxiety-by-julie-anne-richards-tickets-130190895473>

**This Presentation is structured for an Adult Audience**

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