



## Community Education Service

### National Child Day 2021

# Stress and Healthy Coping Helping Youth Address Their Stress

Kimberley, Education Specialist, Canadian Mental Health Association – Calgary Region

Participants will learn:

- What is stress
- How can adults identify youth are stressed
- Healthy coping techniques
- Where to get help

## FREE WEBINAR

**November 15, 2021**  
**11:00 AM - 12:30 PM**

National Child Day is celebrated in Canada on November 20th in recognition of our commitment to upholding children's rights and raising healthy, safe and happy young people.

[Register](#)

Go to [www.nationalchildday.ca](http://www.nationalchildday.ca) to find out more

---

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **CMHA Calgary** and the **National Child Day Committee**.