



Kids Have Stress Too!

Simple Tools to Build Resilience in Kids

A workshop for parents

May 19th 2015 6 - 8 pm at

Quest House, Ames Free Library, Easton

Psychologists believe kids today experience more stress than previous generations, yet may not have developed the coping skills to help them deal with it in a healthy way. The numbers of children diagnosed with anxiety disorders or prescribed psychotropic medications has increased dramatically in the past few years. Kids with chronic or overwhelming stress can develop long term health issues that can affect them into adulthood. It is time to look at childhood stress as a public health issue, and teach children stress-reduction techniques as a prevention strategy.

This program is for Parents and Adults who work with kids to help them understand the impact of stress on children, and to introduce them to simple tools they can teach children to help them build their resistance to stress, self-soothe, and increase their resilience. Kids who learn these skills benefit health-wise, academically, socially, and are more likely to be successful as adults. Learn about the important tools that can benefit children a lifetime!

*Workshop is free * Seating is limited*

Register by contacting Chris Delano, RN at 508-238-4252 or innergarden@live.com