

## Anxiety and Youth

**PRESENTED BY****Calgary Health Promotion Services (CHPS)****SERIES SESSIONS**

Date	Time
November 21, 2023	4:00 PM - 5:30 PM

**LOCATION****Online****FEE****\$0.00****QUESTIONS?****Contact Us:**[crc-register@aplc.ca](mailto:crc-register@aplc.ca)[403-291-0967](tel:403-291-0967)**REGISTER ONLINE****Visit our website to register:**[crupd.ab.ca](http://crupd.ab.ca)

### Learning Opportunity

Target Audience: All administrators, educational assistants, guidance counsellors, instructional leaders, parents, pre-service teachers, support staff and teachers are encouraged to attend.

Anxiety is one of the most common mental health concerns affecting children and families across the lifespan. Parents and schools play an essential role in helping children manage their anxiety. This session will explore what anxiety and stress are, how to recognize it, and how to support resilience.

### Presenters

#### Calgary Health Promotion Services (CHPS)

The Health Promotion Facilitators on the Community Health Promotion Services (CHPS) Team connect, consult, collaborate, and contribute resources to communities. Their mission is to prevent and reduce harms related to alcohol, drugs and mental health disorders by maximizing the well-being of children, adolescents and families.

### Registration Notes

All times are mountain time.

This session will NOT be recorded.



**Providing Quality Professional Learning  
Opportunities to K-12 Education Staff**