



CommunityLinks

Strong Individuals

Strong Families

Strong Communities

Stress and the Body For Youth 12– 17yrs

Youth will increase their awareness of the effects stress and anxiety has on their body and the skills needed to manage stress and anxiety more effectively.



Saturday, 9:30am– 11:30am

May 28, 2016

There is no cost.

***A signed consent of legal guardians required.**

Call to register 403-945-3900 or toll free
1-866-945-3905

parentLINKcentre

Government
of Alberta