



To Register call:
905.383.3305
Join us for
coffee and tea at
9:30 am

**Free
Workshop**

YOU ARE INVITED!

Presented by:
McMaster
Children's
Hospital

Helping Your Child and Teen Stress Less

**Thursday April
19
10-11:30 am**

Learn the signs of stress
in your children and
positive ways
to help them cope.

**Huntington Park
School**

Practical parenting
and coping
strategies will be shared.

