

Parent Info Night

Brought to you by School Council

Helping your Child & Teen Stress Less

Presented by McMaster Health Sciences
Child & Youth Mental Health Program

**Monday May 13th
6 – 7:30 pm**

Fessenden School Learning Commons

What you will learn:

- Signs of stress & anxiety
- Positive ways for children to manage stress, anxiety & emotions
 - Practical relaxation & coping strategies for families

All are welcome!

Parents of Fessenden, Ancaster Senior, friends & family.

Snacks & Refreshments will be served
Child minding available