



STRESS BUSTERS PROGRAM

Help support your child's stress management and well-being

Strong Minds Strong Kids, Psychology Canada is delivering a virtual after-school program for kids **ages 8-12** in the Hamilton-Wentworth District School Board community.

Stress Busters was designed from our evidence-based Kids Have Stress Too! (KHST!) program with an added peer-to-peer support component to help kids put their learning into practice. This program has had a positive impact on children's ability to identify and manage their stress. It provides children and their families with education and support to help them build stress management skills and to foster resilience.

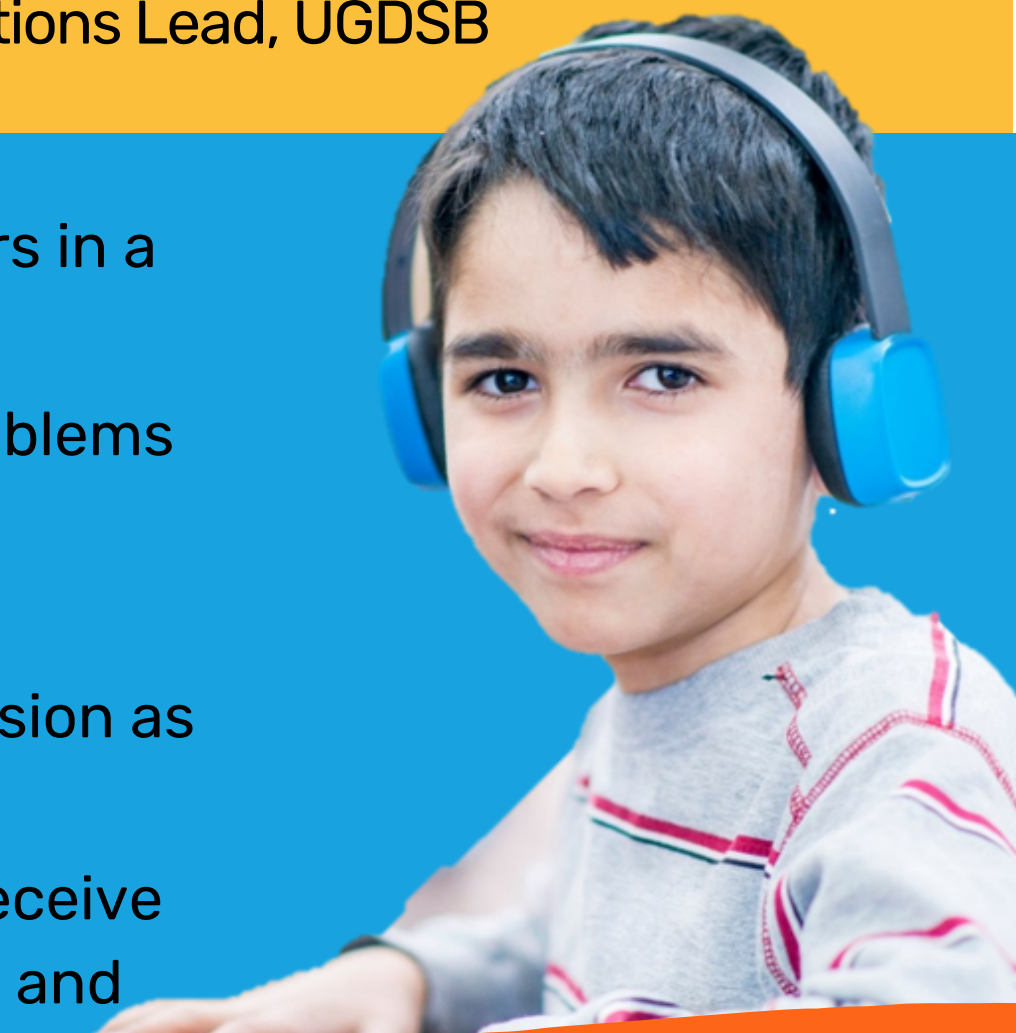


"If you feel stressed, and can't really control it. You need to join the stressbusters after school program. It really helps, and I can confirm that because I have been stressed too. But when I joined I felt a lot better."
-Participant, 10 years old

"I saw that our students were in great need of stress management support. SMSKPC brought this Stress Busters program to a group of 10 students over the 2021 summer break. Seeing how successful this summer camp was, we decided to schedule 3 Stress Busters After School sessions to bring this program to more students in our community."
Jenny Marino, Mental Health/Addictions Lead, UGDSB

Themes

- What stress is and how it impacts our mind, body, emotions, and behaviour
- Reflect on stressful situations and think about ways to cope
- Learn simple breathing exercises to help manage stress
- Learn to react to situations in a more positive way
- Think about worries and fears in a realistic and productive way
- Kids learn to break down problems so they can address them proactively
- Explore creative self-expression as an effective stress buster
- Kids learn how to give and receive support by talking, listening, and connecting



Register Now

July 3rd-7th, 2023

[CLICK HERE](#) to register for the 9:30 am-10:30 am EDT session
[CLICK HERE](#) to register for the 11:00 am-12:00 pm EDT session

July 10th-14th, 2023

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[CLICK HERE](#) to register for the 11:00 am-12:00 pm EDT session

Deadline to register: June 9th, 2023

Space is limited, join the waiting list if the session you are interested in is full.



We would like to thank the Gordon and Ruth Gooder Charitable Foundation for their generous support of this program

For more information on our programs and services, please visit

www.strongmindsstrongkids.org

