



Government
of Canada

Gouvernement
du Canada



Kids Have Stress, Too!

Do you have a child between ages 4-9?

Join us for a three-part program designed to help parents/caregivers better understand stress and to help them teach their children ways to manage it.



Where: Better Together Family Resource Center
821 King Street-Unit 11

When: January 14, 21 and 28, 2026

Time: 10:30am-12:00pm

Please call (902) 543-3119 or 1-833-543-3119 to register
Registration Required, space is limited, childcare on site,
materials provided.