



EVERGREEN EVER GROWING PARENT LEARNING OPPORTUNITIES

Kids Have Stress Too!

Join us for an evidence-based program that gives parents practical tools and engaging activities to help their children, from kindergarten to grade 3, manage stress, build resilience, and thrive socially and emotionally. The program helps parents and caregivers to understand childhood stress and how to provide children with tools to effectively manage stress. These are practical sessions where parents will gain knowledge, awareness and skills to help their children become healthier and more resilient.

This program is only for families of students (K-3) attending Evergreen Catholic Schools.

**Wednesdays,
Nov 18 – Dec 9
6:00 – 8:00pm**

Pre-registration is required



**SCAN QR
CODE TO
REGISTER**

St. Joseph Catholic School
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