

# IDENTIFYING AND SUPPORTING SIGNS OF STRESS AND ANXIETY IN YOUR TEENAGER

**January 26, 2021**

**6:30 p.m – 8:00 p.m**

**Log-in opens at 6:00 p.m**

**Parents – do not miss this free online event!**

- Learn how Covid may have changed your child's brain
- Identify specific symptoms of stress or anxiety in children and youth
- Find tips or tools to help support your child

**Presenter:** Ocean Van Samang, Trainer and Senior Advisor for Mental Health - Safer Schools Together

**To register and receive your Zoom link please visit:**

<https://conta.cc/3oW2yiw>



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