## CHILDHOOD STRESS & ANXIETY **BUILDING RESILIENCE**

EMPOWERING STRATEGIES EFFECTIVE SUPPORTS



## **ZOOM Presentation and Discussion By:**

Julie-Anne Richards, M.A., R.C.C., C.C.C. Registered Clinical Counselor, Psycho-educational Consultant www.JulieAnneRichards.com

6:30-8:00 pm Tuesday January 26, 2021

**REGISTER TO RECEIVE ZOOM SIGN-UP LINK** 

Tailored for Parents, Caregivers and Educators supporting children ages 5 - 12

**VIRTUAL PRESENTATION** Please download ZOOM App to your device and the Link will be emailed to you January 26

## Free Event!

**REGISTRATION REQUIRED** (copy and paste in browser) https://www.eventbrite.ca/e/free-virtual-presentation-on-childhood-anxietyby-julie-anne-richards-tickets-136883390907

This Presentation is structured for an Adult Audience

Funded by the Eric Palmer Memorial Foundation <u>www.ericfoundation.com</u>