



resources and tools coaching professional development mentoring research networking

Contract # 11-6-5-40

ARCQE Presents

Kids Have Stress, Too!

**Register
Early**

Kids Have Stress, Too! (Developed by the Psychology Foundation of Canada) It is a three-part program designed to help early childhood education and care practitioners better understand stress and to help them teach the children in their care ways to manage it. This program is for those working with children from preschool to age nine, an age group with wide variations in emotional and intellectual abilities. The activities for participants and children are designed to build and strengthen important communication skills and to result in an increased ability for children to handle stress.

Taking care of children is not always easy and the adults, too, can become more relaxed and capable when they adopt stress management tools and strategies themselves.

The workshop will explore

Session 1 provides an opportunity for personal introductions and discussion about group rules. Reasons for discussing stress and ways to recognize it in children are presented.

Session 2 includes learning the steps of problem solving and how to apply them, as well as information about stress prevention.

Session 3 focuses on the use of different stress-management strategies.

Fee: \$100.00 PTL Program Member \$150.00 Non-Member • Handouts relating to the workshop. • Course certificate for successful completion of the workshop.

Payment Policy: If you wish to pay by CREDIT CARD, FAX in this registration form with your credit card information to: (780) 421-1730. If you wish to pay by CHEQUE, MAIL in this registration form with your cheque to: ARCQE Suite 110 10025 - 106 Street, Edmonton AB T5J 1G4.

- Yes I am a PTL Program Member. Card Number: _____
- Yes I wish to pay by Visa/MC Credit Card Number: _____ Exp. Date: _____
- Yes I have enclosed a cheque for \$ _____

All payments are non-refundable.

Date: Saturday October 16, 2010

Time: 9:00am-4:00pm

Location: ARCQE #110 10025 106 Street Edmonton

PLEASE PRINT CLEARLY

Name: _____

Agency: _____

Address: _____

Phone Number: _____ Fax Number: _____ Email Address: _____

