

Kids Have Stress Too!®

An interactive training workshop from The Psychology Foundation of Canada for professionals who work with families and children in early learning and care environments.



Did you know?

- stress can affect children's physical, emotional, social and intellectual well-being
- children experience everyday stress in a different way than adults
- extreme stress can have a negative effect on brain development in very young children.

The **Kids Have Stress Too!** (KHST!®) program is based on evidence that with help, young children can learn practical strategies to relieve stress, and effective ways to respond to stressful situations. By learning to cope with life's ups and downs, children develop healthy strategies that help them to adapt, self-regulate, be resourceful, feel competent and become more resilient.

By participating in an interactive KHST!® workshop, participants will:

- learn how to recognize stress in children
- identify the key role relationships with parents and caregivers play in helping children learn to manage stress
- practice age-appropriate stress-management techniques that help teach children to relax and become more resilient
- learn effective ways to promote positive emotional development and self-regulation in young children.

As well as the workshop, participants also receive:

- a 100 page, full-colour manual, containing background research, implementation tips and strategies
- access to follow-up support and training tools
- a workshop certificate
- attractive, practical, evidence-based material to share with parents.

A Kids Have Stress Too! Training Workshop will be held at:

Location:

Date & Time:

Cost:

To register, please contact:

Tel:

Email:

Registration deadline:

saskatchewan
preventioninstitute
our goal is **healthy** children



THE PSYCHOLOGY
FOUNDATION
OF CANADA
LA FONDATION
DE PSYCHOLOGIE
DU CANADA



THE
LAWSON
FOUNDATION



Facilitator Training

Kids Have Stress Too! REGISTRATION FORM

June 11, 2018

Queen's House of Retreats
601 Taylor Street East, Saskatoon, SK
8:30 a.m. to 4:30 p.m.

Name:

Workplace:

Address:

Email:

Phone:

Fax:

**If you have a serious food allergy or restriction, please contact 306-651-4320.
Lunch is included during the workshop.**

Send completed registration form by June 1, 2018 to:

Saskatchewan Prevention Institute
1319 Colony Street
Saskatoon, SK S7N 2Z1
Ph. 306-651-4300
Fax. 306-651-4301
Email: tshanks@skprevention.ca
www.skprevention.ca



THE PSYCHOLOGY
FOUNDATION
OF CANADA
LA FONDATION
DE PSYCHOLOGIE
DU CANADA

saskatchewan
preventioninstitute
our goal is **healthy** children

Train the Trainer

Kids Have Stress Too! REGISTRATION FORM

June 12, 2018

Queen's House of Retreats
601 Taylor Street East, Saskatoon, SK
8:30 a.m. to 4:30 p.m.

Name:

Workplace:

Address:

Email:

Phone:

Fax:

The Train the Trainer is limited to 10 people and costs \$250; includes materials and lunch.

If you have a serious food allergy or restriction, please contact 306-651-4320. Lunch is included during the workshop.

Send completed registration form by June 1, 2018 to:

Saskatchewan Prevention Institute
1319 Colony Street
Saskatoon, SK S7N 2Z1
Ph. 306-651-4300
Fax. 306-651-4301
Email: tshanks@skprevention.ca
www.skprevention.ca



THE PSYCHOLOGY
FOUNDATION
OF CANADA
LA FONDATION
DE PSYCHOLOGIE
DU CANADA

saskatchewan
preventioninstitute
our goal is **healthy** children