STRESS BUSTERS

Are you feeling overwhelmed, agitated or isolated?

Are you finding it difficult to balance your self-care and "me time" with the demands of your children?

> Do you have worries of leaving the house, staying safe and going to the playground or park?

Are you experiencing in both parent and child meltdowns and tantrums?

> Join us for 4 online sessions to talk about Stress and Stress Busters. All parents/caregivers are welcome.



EVERY TUESDAYS: 1 - 2 PM

JUNE 9TH, 16TH, 23RD, 30TH

Questions: please email northinfo@burnabynh.ca or info_child@sfu.ca



The Burnaby Neighbourhood House is a Charitable Non-Profit Organization. We are a volunteer driven community-funded agency with a unique focus on Neighbours supporting Neighbours

REGISTER



Information Children is a non-profit organization and a registered charity, founded in 1979. We provide information, support and referrals to parents and others on most any matters related to the care and well-being of children and families.