

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



REGISTER



**information
children**