

BNH North House in partnership with Cameray Child and Family Services  
presents



Cameray  
Child & Family Services

# Parenting Workshop

## A CONVERSATION ABOUT STRESS AND STRESS MANAGEMENT FOR PARENTS

Facilitated by Renée Austin

### ABOUT THIS CLASS

Stress is a normal part of life, something that everybody experiences. Some stress can be OK, giving you the motivation and focus to face challenges and get things done. But too much stress can be overwhelming, making it difficult to cope with everyday things.

**This workshop will give parents tips to manage stress so that they have the patience, energy, and perspective to be the parents they want to be.**

### WORKSHOP

On-site  
Childminding  
available!



Date & Time

**September 29, 2022**  
**10:30 am - 11:30 am**



Location

**The Amazing Brentwood**  
4567 Lougheed Hwy.,



✉ [northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca)  
☎ **604-294-5444**