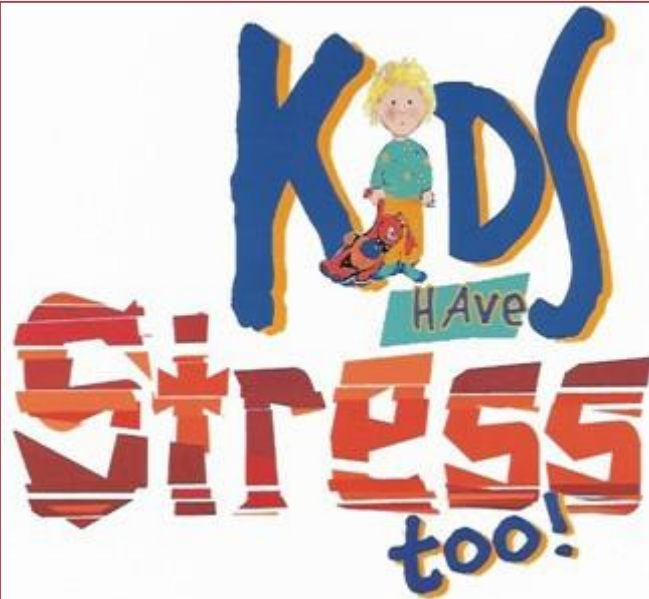


KIDS HAVE STRESS TOO!

Online Workshop



This workshop will help parents and caregivers understand childhood stress and how to provide children with the tools needed to deal with stress effectively. It is a broad-based primary prevention program to provide parents, caregivers, and communities with the knowledge, awareness and skills to help young people become healthier and more resilient through learning how to manage their stress.

The workshop will be available through Elluminate Live, which is a real time virtual classroom. It's like having a chat, a white board and a telephone conference call all at once. Participants will need to have a headset with a microphone. Michelle will be online 30 minutes before the session to introduce you to the program. If you run into any problems logging in, call 597-4406 or 664-6339 and we will try to assist you with troubleshooting.

Location: Your home, library, or local NSCC Campus, all you need is internet and an email address. *If you are going to an NSCC Campus, please let us know so that we can make arrangements with that Campus.*

Date: Wednesday, April 14, 2010

Time: 6:30pm-8:30pm

Cost: \$10, if you don't require a headset
\$20 includes a headset with microphone

Facilitator: Michelle Doucette, Certified Online Instructor;
Faculty, Early Childhood Education NSCC Burrige Campus

**PREREGISTRATION IS REQUIRED. SUBMIT ECDSC
REGISTRATION FORM WITH PAYMENT BY
WEDNESDAY, APRIL 7, 2010**



nscc

Early Childhood Development
Support Centres