

# CHILDHOOD STRESS & ANXIETY BUILDING RESILIENCE

EMPOWERING STRATEGIES

EFFECTIVE SUPPORTS



**VIRTUAL ZOOM Presentation and Discussion By:**

**Julie-Anne Richards,** M.A., R.C.C., C.C.C.

Registered Clinical Counselor, Psycho-educational Consultant

[www.JulieAnneRichards.com](http://www.JulieAnneRichards.com)

6:30-8:00 pm

Wednesday

April 10, 2024

**PLEASE REGISTER USING  
EVENTBRITE LINK BELOW**

ZOOM PRESENTATION

Tailored for Parents,  
Caregivers and Educators  
supporting children  
ages 5 - 14

**Free Event!**

**REGISTRATION REQUIRED** (click or copy and paste in browser)

<https://www.eventbrite.ca/e/free-zoom-presentation-on-childhood-anxiety-by-julie-anne-richards-tickets-874529189347>

**ZOOM PASSCODE WILL BE EMAILED TO ALL THOSE REGISTERED APRIL 10**

**This Presentation is structured for an Adult Audience**

**All parents, caregivers and educators supporting children & youth Welcome!**

Funded by the Eric Palmer Memorial Foundation [www.ericfoundation.com](http://www.ericfoundation.com)