



C-05 Finding Calm with Less Stress Parenting

Mental Health and
Well-being Parent
Partnership Committee

201B

This workshop will be for parents of children and youth of all ages. Your own self-discovery will explore ways to recognize, reduce and manage stress. This interactive session will provide practical strategies that you can take into your everyday life for yourselves and with your children.

Presenter

Anne Murray

Lead Trainer for the Psychology Foundation of Canada - annemurray@psychologyfoundation.org

Anne works with families, educators and youth, coaching and facilitating ways to recognize, reduce and develop strategies for managing the stressors in their lives. She has been instrumental since 1999 in the development of the Kids Have Stress Too! Program initiated by the Psychology Foundation of Canada and is the co-author of a resource guide used for the expansion of the program to the Child Care environment. Anne is currently the Lead Trainer for the Psychology Foundation of Canada providing training, program development and building partnerships, with a focus to reduce stress in our children and youth. Her learning has been enhanced with parenting three children.