

Parents as Partners Conference

Workshop Session: A5

Room: 201B

Finding Calm with Less Stress Parenting

Mental Health and Well-Being Parent Partnership Committee

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.

Anne Murray

Lead Trainer, The Psychology Foundation of Canada

Email: annemurray@psychologyfoundation.org

Anne works with families, educators and youth, facilitating ways to recognize, reduce and develop strategies for managing the stressors in their lives. As Lead Trainer for the Psychology Foundation of Canada she provides training, program development and builds partnerships, with a focus to reduce stress in our children and youth.