



THE PSYCHOLOGY
FOUNDATION
OF CANADA
LA FONDATION
DE PSYCHOLOGIE
DU CANADA



Please join us:

Kids Have Stress Too!®

Training Session

For Preschool Program

Kids Have Stress Too!® (KHST!) Preschool Program is a training program from The Psychology Foundation of Canada for professionals who work with young children

Did you know? All children experience some stress - Too much stress causes problems for kids - Children can learn simple age-appropriate coping strategies - Children who develop healthy coping skills to deal with stress feel more competent, are more resilient and are better able to adapt, relax and problem solve!

Kids Have Stress Too!® Can Help – Developed by the Psychology Foundation of Canada, KHST!® is a research-based primary prevention program designed to increase the ability for children to handle stress. The Preschool Program teaches childcare providers how to recognize and understand stress in children, since children often experience stress in different ways than adults. The age-appropriate coping strategies are taught to help children to successfully manage their stress.

KHST!® Preschool Program is designed for Early Childhood Educators and other childcare providers who work with children ages 2.5 to 5 years. By providing participants with information, tool and strategies, this training will help childcare providers to create a childcare environment that reduces undue stress and supports children by helping them to begin to effectively cope with stress.

When: Saturday, September 12, 2009 (9:00am – 4:00pm)

Where: Marpole Oakridge Family Place (2nd floor) 103 West 70th Avenue, Vancouver BC
Parking available on Hudson Street (use Hudson Street Entrance) - Tel: 604-236-1405

Who Should Attend? Early Childhood Educators and other childcare providers who work with children ages 2.5 to 5 years

How to Register: Visit the TAPE Studies website at khst.tapestudies.com to register