



Nurturing Resilience: Stress Management Series Professional Development Offerings



Discover:

Training on Stress Management Programs Based in Psychological Science

Tools & Strategies for Supporting Children & Youth

Kids Have Stress Too!
and Stress Lessons



PSYCHOLOGY CANADA



www.strongmindsstrongkids.org

Nurturing Resilience: Stress Management Series

Program Takeaways

Our Kids Have Stress Too! and Stress Lessons Programs are based in psychological science and evidence informed. These [evaluated programs](#) have been designed for child and youth serving professionals to easily incorporate these programs into their work.

Kids Have Stress Too! Preschool and Kindergarten

By implementing this program, the children you work with will:

- Gain a sense of control
- Learn how to relax
- Develop a “can-do” attitude
- Build capacity for self-regulation

Kids Have Stress Too! Grades 1-3

16 skill-based activities will teach students:

- About stress and its impact on health and learning
- Practical techniques for coping with stress and promoting resilience
- How to address the signs of stress before they get overwhelmed

Kids Have Stress Too! Grades 4-6

7 lessons will teach students:

- About stress and its impact on health and learning
- Coping strategies for managing stress and promoting positive mindset
- How to address their worries and fears in a productive way

Stress Lessons Grades 7-9

7 skill building lessons that foster social and emotional competence, resilience and well-being. Youth will learn about:

- Stress and its impacts on the brain
- Coping with stress
- Making positive choices when dealing with stress

Stress Lessons Grades 9-12

6 lessons full of psychologically sound strategies and tools will teach youth to:

- Understand stress and identify stressors
- See the upside of stress
- Practice coping and problem-solving strategies
- Foster an increased sense of well-being



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Training Package Options

Package A

Intensive Tools & Strategies for Supporting Children & Youth (Expanded Training)

6-hour interactive synchronous **in-person training** includes:

- In-depth information about how to use the Kids Have Stress Too! or Stress Lessons program with your students.
- Information on the fundamentals of stress management.
- Opportunity to practice activities with peers
- Choice of 1 Program Guide
- Certificate of completion

Starting at \$100/person
Minimum of 20 participants

Package B

Tools & Strategies for Supporting Children & Youth (Concentrated Training)

2.5-hour Interactive synchronous **online training** includes:

- In-depth information about how to use the Kids Have Stress Too! or Stress Lessons program with your students.
- Opportunity to practice activities with peers
- 1.5-hour asynchronous learning opportunity on the fundamentals of stress management
- Choice of one PDF Program Guide
- Certificate of Completion

Starting at \$75/person
Minimum of 20 participants

Package C

Tools & Strategies for Supporting Children & Youth (Accelerated Training)

1.5-hour Interactive synchronous **online training** includes:

- In-depth information about how to use the Kids Have Stress Too! or Stress Lessons program with your students.
- 1.5-hour asynchronous learning opportunity on the fundamentals of stress management
- Choice of one PDF Program Guide
- Certificate of Completion

Starting at \$70/person
Minimum of 15 participants

All training options are available for any of our programs:
Kids Have Stress Too! Preschool, Kindergarten and Parent
Kids Have Stress Too! Grades 1-6
Stress Lessons Grades 7-12



Not able to schedule a training session but still interested in our programs?

Though training is recommended, our Program Guidebooks are designed for any child or youth serving professional to easily be able to pick up the resource and implement it!

You can order either a PDF or Print Copy of your choice of Program Guide from [our store here](#).

We also offer bulk discounts on orders of PDF copies of our Program Guides:

25 Program Guides

5 % OFF

50 Program Guides

15 % OFF

70 Program Guides

20 % OFF

70+ People Guides

Contact Us!



If you're interested in learning more about scheduling a training for your team, or placing a bulk order of Program Guides, email **Mackenzie Cielen-Goug, Coordinator, Programs and Partnerships**

mackenzie.cielen-gough@strongmindsstrongkids.org

For more information visit:

www.strongmindsstrongkids.org

