



THE PSYCHOLOGY
FOUNDATION
OF CANADA
LA FONDATION
DE PSYCHOLOGIE
DU CANADA



PSYCHOLOGY CANADA



NURTURING RESILIENCE IN CHILDREN AND YOUTH:

Stress Management
Professional Development
Program Offerings



Prepare to Explore

- Tools and strategies for supporting children and youth mental well-being
- Evidence-based programs grounded in psychological science
- Array of available program guides and training packages

Stress Management Series



Program Overview

Our **Kids Have Stress Too!** and **Stress Lessons** Program are grounded in **psychological science** and **evidence informed**.

These **curriculum aligned** and **evaluated programs** have been designed for professionals working with children and youth to easily incorporate into their work.

Kids Have Stress Too!

For use with children
in Preschool to
Grade 6

Stress Lessons

For use with youth
in Grades 7 to 12

Kids Have Stress Too!



Preschool & Kindergarten

Implementing this program with the children you work with will teach them how to:

- Gain a sense of control
- Develop a “can-do” attitude
- Use relaxation strategies
- Build capacity for self-regulation

Parent Facilitation

Supplement to the KHST! Preschool & Kindergarten Guide and includes:

- Clearly outlined lesson plans for facilitating the KHST! PKP program to parents and caregivers
- Practical supports for facilitators and easy to implement toolbox activities





Kids Have Stress Too!

Grades 1 to 3

16 skill-based activities to teach your students about:

- Stress and its impact on health and learning
- Practical techniques to cope with stress and promote resilience
- How to identify and address the signs of stress

Grades 4 to 6

7 skill-based activities to teach your students about:

- The effects of stress on overall health and learning
- Coping strategies for managing stress and promoting a positive mindset
- How to address worries and fears



Grades 7 to 9

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

- Understand stress and its impacts on the brain
- Learn how to cope with stress
- How to make positive choices when dealing with stress

Grades 9 to 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



Stress Lessons





Available Trainings

1

Kids Have Stress Too! Preschool, Kindergarten, and Parent:

A comprehensive introduction to key aspects of early childhood brain development, and the crucial role caregivers and educators play in helping children learn effective stress-management strategies.

2

Kids Have Stress Too! Tools and Activities for Grades 1-6:

Built on an experiential learning approach to help educators (and parents!) create teachable moments to introduce stress management strategies and build emotional resiliency with students aged 6 to 12.

3

Stress Lessons Grades 7-12:

Full of psychologically-sound strategies and tools to help teens develop resilience and positive coping skills. Drawing from a constructivist educational approach, this perspective acknowledges that students enter school with their own knowledge, experiences, and skills related to stress. These can be shared and built upon within the classroom and the wider school environment.

NOTE: Our Stress Lessons training is also available exclusively for Grades 9-12.



**Available
Trainings**

Training Package Options

Package A:

Expanded Training

Duration: 6 hours, in-person

Cost: Starting at \$125/person

Minimum Participants: 15

Training Overview:

- 2.5 hour live interactive session to support the implementation of the Kids Have Stress Too! or Stress Lessons Program
- 1.5 hour live session on the fundamentals of stress management
- Choice of one PDF Program Guide
- Certificate of completion

Package B:

Concentrated Training

Duration: 2.5 hours, online

Cost: Starting at \$75/person

Minimum Participants: 15

Training Overview:

- 2.5 hour live interactive session to support the implementation of the Kids Have Stress Too! or Stress Lessons Program
- 1.5 hour asynchronous video on the fundamentals of stress management
- Choice of one PDF Program Guide
- Certificate of completion

Package C:

Accelerated Training

Duration: 1.5 hours, online

Cost: Starting at \$50/person

Minimum Participants: 15

Training Overview:

- 1.5 hour live session to support the implementation of the Kids Have Stress Too! or Stress Lessons Program
- 1.5 hour asynchronous video on the fundamentals of stress management
- Choice of one PDF Program Guide
- Certificate of completion



THE PSYCHOLOGY
FOUNDATION
OF CANADA
LA FONDATION
DE PSYCHOLOGIE
DU CANADA



www.StrongMindsStrongKids.org



Workshops are **\$500** for up to **100 participants**.

Masterclass in Stress Management:

This 1.5-hour virtual workshop on stress and resilience introduces key strategies **to support young people**. Participants will learn to recognize signs of stress in children and youth, understand stress experiences, identify stressors and their impacts, and implement coping and problem-solving strategies.

Taking Care of You:

This 1.5-hour virtual workshop provides practical strategies and resources **to help you** managing life's challenges. Participants will learn to promote their mental health and well-being at work and home by understanding stress, its physiology, and positive coping mechanisms.



**Available
Workshops**

KHST! PKP Parent Facilitation

Digital Guide: \$25.00
Printed Guide: \$60.00

KHST! 1-3 KHST 4-6

Digital Guide: \$25.00
Printed Guide: \$35.00

Stress Lessons 7-9 Stress Lessons 9-12

Digital Guide: \$25.00
Printed Guide: \$35.00

Bulk Pricing

25 Guides: **5% off**
50 Guides: **15% off**
70 Guides: **20% off**
70+ Guides: **Contact us!**

Program Guides

Guides can be purchased in both a **digital** or **printed** format on our **website**.

Attending a training? Add a **second** guide of your choice to your training package for \$25.00!

Not able to schedule a training session but still interested in our programs? Our Program Guidebooks are designed for any child or youth serving professional to easily be able to pick up and implement.



Receive **FREE** Access to our **EDI Modules**

Receive access to our **Equity, Diversity, and Inclusion (EDI)** modules **free of charge** when you purchase any of our program guides, or attend any **KHST!** or **Stress Lessons** training!





Ready to learn more?

To schedule a training for your team, or place a bulk order of Program Guides, email Mackenzie Cielen-Gough, Coordinator, Programs and Partnerships
mackenzie.cielen-gough@strongmindsstrongkids.org

[www. StrongMindsStrongKids.org](http://www.StrongMindsStrongKids.org)