

NURTURING RESILIENCE IN CHILDREN

Stress Management Program Training

For K-6 Educators

 StrongMindsStrongKids.org

**Kids Have
Stress too!**

50+ YEARS OF PROMOTING MENTAL HEALTH

About Us



Founded in 1974 by pioneering psychologists, we have spent over 50 years promoting mental well-being in children and youth using psychological science. At a time when mental health awareness was rare, our founders recognized that fostering resilience in childhood was key to a healthier future.

Today, as a charitable organization with national reach, we continue this mission by providing evidence and psychology-based programs that equip young people, from birth to age 18, with essential coping skills. Our work focuses on three key pillars:

- **Attachment** – Strengthening early parent-child bonds.
- **Stress Management** – Teaching stress coping strategies.
- **Capacity Building** – Empowering youth for lifelong resilience.

Through a mental health promotion approach, we empower children and youth directly—along with the parents, caregivers, educators, and professionals who support them—with practical tools to build resilience and thrive, laying the foundation for lifelong mental well-being.

Kids Have Stress Too!

**Psychologically Sound.
Evidence Based.
Curriculum Aligned.**

Designed for seamless integration into any classroom environment and aligned with provincial curricula across Canada.

The Program

Equips educators and child-serving professionals with the knowledge and tools to help children—from **preschool to grade 6**—**manage stress, build resilience, and develop key social-emotional skills.**

Key Highlights

- Strengthens emotional regulation and supports lifelong coping skills.
- Professional development training available.

1

Kids Have Stress Too! Preschool & Kindergarten

- Toolbox activities to help young children gain a sense of control, build self-regulation skills, practice relaxation techniques, and develop a 'can-do' attitude.

2

Kids Have Stress Too! Grades 1-3

- Sixteen skill-based activities to help young children identify stress, understand its effects, and build resilience through coping strategies.

3

Kids Have Stress Too! Grades 4-6

- Seven skill-based activities designed to help children address worries and fears, develop coping strategies for managing stress, and cultivate a positive mindset.

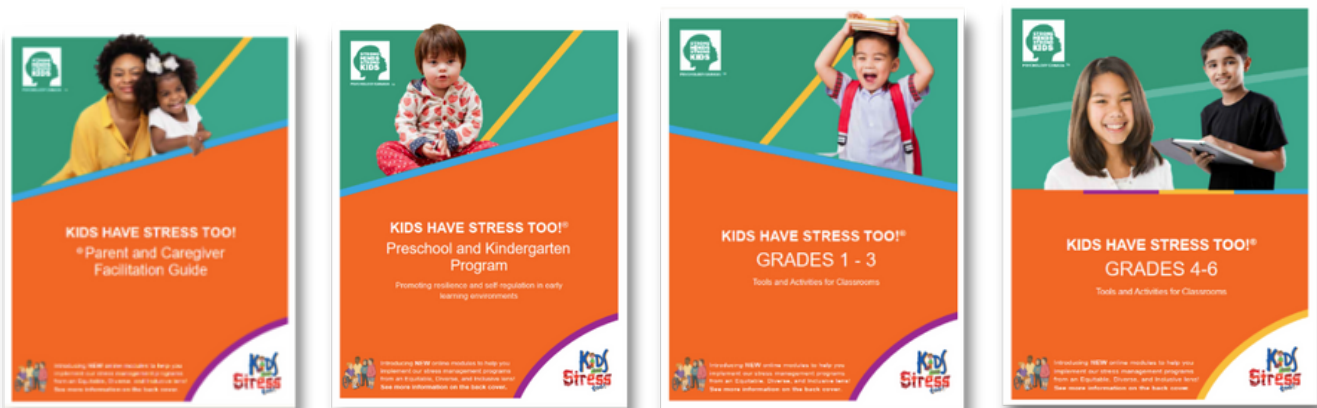


Value of \$75 per educator.



KIDS HAVE STRESS TOO! AVAILABLE PROGRAM GUIDES

StrongMindsStrongKids.org

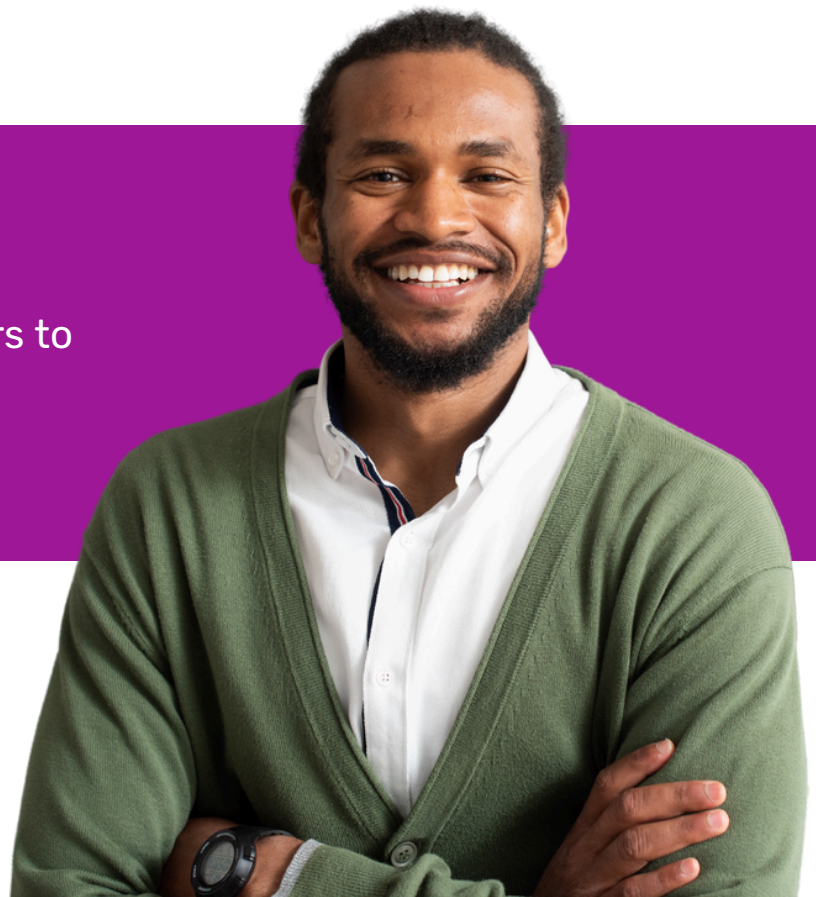


- **Digital e-book** format (\$25 each)
- **Printed** format (starting at \$35).

Bulk pricing available upon request.

We make it easy!

Practical, and ready to use.
Our Guides empower educators to
implement with ease and
confidence - with or without
training.



KIDS HAVE STRESS TOO!

PROGRAM TRAINING OPTIONS

1 CHOOSE YOUR TRAINING

- Kids Have Stress Too! **Preschool, Kindergarten & Parent**
- Kids Have Stress Too! **Grades 1-6**

2 CHOOSE YOUR PACKAGE

Package A: Accelerated Training

Duration: 1.5 hours, virtual or in-person
Cost: \$50/person (V); \$75/person (IP)

- **Virtual Base Fee:** \$275
- **In-Person Base Fee:** \$500

Minimum Participants: 5 (V); 8 (IP)

What's Included:

- ✓ 1.5-hour **live training** session for implementing KHST!
- ✓ 1-hour **on-demand video** on stress management fundamentals
- ✓ Two Program Guide E-Books
- ✓ Certificate of Completion

Package B: Concentrated Training

Duration: 2.5 hours, virtual or in-person
Cost: \$75/person (V); \$100/person (IP)

- **Virtual Base Fee:** \$350
- **In-Person Base Fee:** \$800

Minimum Participants: 5 (V); 8 (IP)

What's Included:

- ✓ 2.5 hour **live, interactive training** session for implementing KHST!
- ✓ 1-hour **on-demand video** on stress management fundamentals
- ✓ Two Program Guide E-Books
- ✓ Certificate of Completion

Package C: Expanded Training

Duration: 6-hours, in-person only
Cost: \$125/person

- **Base Fee:** \$1000

Minimum Participants: 8

What's Included:

- ✓ 2.5 hour **live, interactive training** session for implementing KHST!
- ✓ 1.5 hour **live workshop** on stress management fundamentals
- ✓ Two Program Guide E-Books
- ✓ Certificate of Completion

Virtual training available Canada wide.

In-Person training available in Winnipeg, Calgary, and GTA only.



Contact Us

To learn more about our programs & partnership opportunities

- 👤 Jaime Luttmann (she/her)
- 📞 Manager, Programs & Partnerships
- ✉️ Jaime.Luttmann@strongmindsstrongkids.org

To book a training session

- 👤 Bre Calma (they/them)
- 📞 Coordinator, Training & Impact
- ✉️ Bre.Calma@strongmindsstrongkids.org

General inquiries and bulk orders

- ✉️ Info@strongmindsstrongkids.org