



# NURTURING RESILIENCE IN YOUTH

## Stress Management Program Training

For Grade 7-12 Educators



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

**Stress  
Lessons**

# 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.



# Stress Lessons

**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 youth-serving professionals with the knowledge and tools to help young people **ages 12 to 18** **manage stress, build resilience,** and **develop healthy coping skills.**

## Key Highlights

- Promotes lifelong coping skills and emotional resilience.
- Professional development training available.

# 1

### Stress Lessons Grades 7-9

- Seven lessons filled with strategies to help young people understand stress, its impact on the brain, and how to cope and make positive choices.

# 2

### Stress Lessons Grades 9-12

- Six lessons offering strategies to help young people identify stressors, reframe stress positively, practice coping and problem-solving, and enhance their well-being.



*Value of \$75 per educator.*

# STRESS LESSONS AVAILABLE PROGRAM GUIDES

[StrongMindsStrongKids.org](https://StrongMindsStrongKids.org)

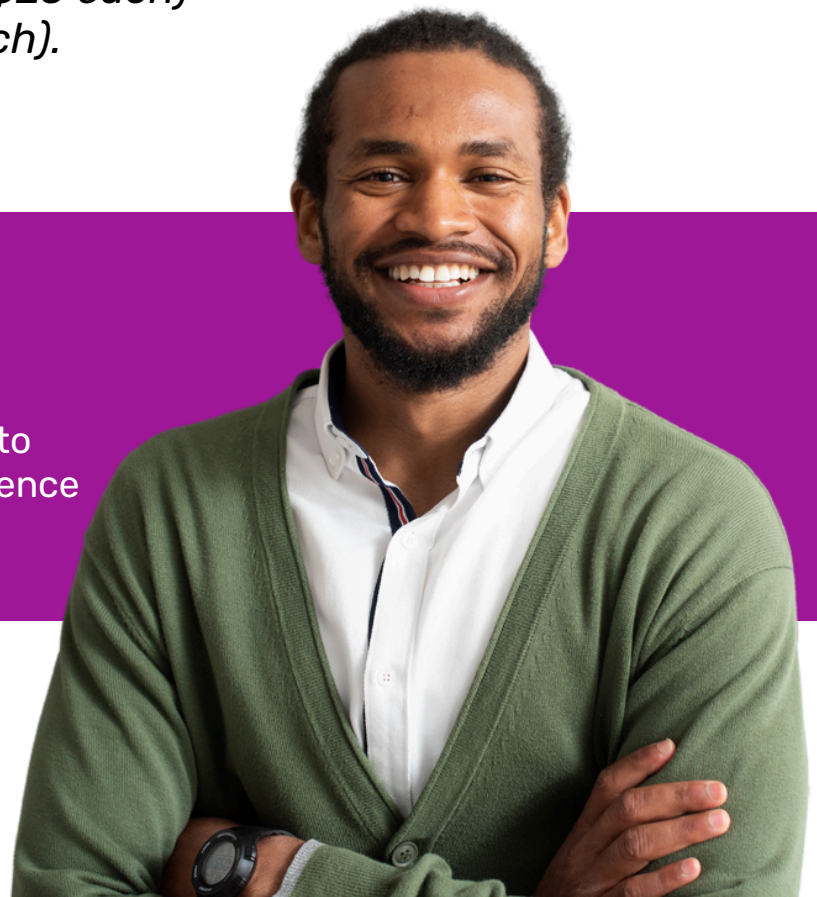


- **Digital e-book** format (\$25 each)
- **Printed** format (\$35 each).

*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.



# STRESS LESSONS TRAINING PACKAGE OPTIONS

Professional development training for educators and youth-serving professionals to seamlessly implement **Stress Lessons** in their classrooms.

## 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 Stress Lessons
- ✓ 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 Stress Lessons
- ✓ 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 Stress Lessons
- ✓ 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](mailto:Jaime.Luttmann@strongmindsstrongkids.org)

## To book a training session

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

## General inquiries and bulk orders

- ✉️ [Info@strongmindsstrongkids.org](mailto:Info@strongmindsstrongkids.org)