

RESILIENT ADULTS. RESILIENT KIDS.

Stress Management Workshops

For Caring Adults & Professionals

 StrongMindsStrongKids.org



and more!

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.

Crash Course Workshops

Workshops designed for parents, caregivers, educators, and youth-serving professionals.

- 1-hour delivery
- Starting at \$250/base

Group pricing available.

Stronger Adults. Stronger Kids.

Looking for a crash course on stress management for your staff or a parents' night for your school?

Our workshops dive into the fundamentals of stress and offer actionable strategies to help adults support both young people and themselves.

Distinct Sessions

1

Masterclass in Stress Management (Supporting Ages 4-18)

Empowers adults with essential insights into stress and resilience—key skills for helping young people navigate life's inevitable ups and downs.

2

Taking Care of You (Supporting Yourself)

- Empowers adults with practical strategies to manage life's ups and downs while prioritizing their own mental well-being.



Value of \$25 per person.

CRASH COURSE WORKSHOPS PACKAGE OPTIONS

Our **crash course workshops** dive into the fundamentals of stress and offer actionable strategies to help adults support both young people and themselves!

Masterclass in Stress Management

Duration: 1-hour virtual workshop

Cost: \$250 ; \$500 ; \$1000

Maximum Participants: 50 ; 100 ; 500

What's Included:

- ✓ 1-hour live workshop led by a Stress Expert
- ✓ Provides essential insights and foundations into stress and resilience-building
- ✓ Actionable strategies and skills to support young people manage stress

Taking Care of You

Duration: 1-hour virtual workshop

Cost: \$250 ; \$500 ; \$1000

Maximum Participants: 50 ; 100 ; 500

What's Included:

- ✓ 1-hour live workshop led by a Stress Expert
- ✓ Provides essential insights and foundations into stress and resilience-building
- ✓ Actionable strategies and skills to support your stress management

Masterclass & Taking Care of You

Duration: 1.5 hour virtual workshop

Cost: \$325 ; \$650 ; \$1250

Maximum Participants: 50 ; 100 ; 500

What's Included:

- ✓ 1-hour live workshop led by a Stress Expert
- ✓ Combines *Taking Care of You* & *Masterclass in Stress Management* for an **all-in-one approach to stress and resilience building!**

Virtual training available Canada wide.

StressLess

The StressLess Workshop equips adults with stress management and resilience-building strategies to support kids where they live and play!

- 1-hour session
- Includes StressLess booklets (e-book format)
- Starting at \$150/base

Group pricing available.

The Program

Equips caring adults—parents, caregivers, and community members—with **practical, age-appropriate strategies to help kids navigate stress with confidence.**

Designed for easy use, these compact booklets take a proactive approach to stress management, offering simple yet effective strategies to support children's mental well-being.

Key Highlights

- Tailored for specific ages.
- Derived from our evidence based **Stress Lessons** program.
- Practical and actionable strategies.



STRESSLESS WORKSHOP

AGE-SPECIFIC OPTIONS

The **StressLess Workshop** gives caring adults a grassroots understanding of how stress shows up in kids and teens—plus simple, effective tools from the *StressLess Booklets* to support them where they live and play!

StressLess Workshop: Ages 4-12

Duration: 1-hour virtual or in-person

Cost: \$25/person (V); \$50 (IP)

- **Virtual Base Fee:** \$150
- **IP Base Fee:** \$500

Minimum Participants: 5

What's Included:

- ✓ 1-hour **live StressLess workshop** tailored to supporting **kids** ages 4-12.
- ✓ **Three** StressLess booklets (e-books):
 - *Ages 4-6*
 - *Ages 6-9*
 - *Ages 9-12*
- ✓ Certificate of Completion

StressLess Workshop: Ages 12-18

Duration: 1-hour virtual or in-person

Cost: \$25/person (V); \$50 (IP)

- **Virtual Base Fee:** \$150
- **IP Base Fee:** \$500

Minimum Participants: 5

What's Included:

- ✓ 1-hour **live StressLess workshop** tailored to supporting **teens** ages 12-18.
- ✓ **Two** StressLess booklets (e-books):
 - *Ages 12-14*
 - *Ages 14-18*
- ✓ Certificate of Completion

StressLess Workshop: Ages 4-18

Duration: 1-hour virtual or in-person

Cost: \$25/person (V); \$50 (IP)

- **Virtual Base Fee:** \$150
- **IP Base Fee:** \$500

Minimum Participants: 5

What's Included:

- ✓ 1-hour **live StressLess workshop** tailored to supporting **kids and teens** ages 4-18.
- ✓ **Five** StressLess booklets (e-books):
 - *All Ages*
- ✓ 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 workshop

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

General inquiries and bulk orders

-  Info@strongmindsstrongkids.org