

# STRESS BUSTERS AFTER SCHOOL PROGRAM

Help support your child's stress management and well-being

**Strong Minds Strong Kids, Psychology Canada** will be delivering a virtual after-school program for kids ages 8-12 in the Upper Grand District School Board and Wellington Catholic District School Board communities.

Kids will engage with each other through TLC (talk, listen, connect) and learn stress management concepts and strategies as they practice their new skills, nurture resilience, and support each other.

*"I have more strategies to help me cope with stress with more ease and calmness, I usually freak out under stress but now I'm calmer and can think of strategies first." - Summer Camp 2021 attendee*

*"I saw that our students were in great need of stress management support. SMSKPC brought this Stress Busters program to a group of 10 students over the 2021 summer break. Seeing how successful this summer camp was, we decided to schedule 3 Stress Busters After School sessions to bring this program to more students in our board."-Jenny Marino, Mental Health/Addictions Lead, UGDSB*



## Themes

- What stress is and how it impacts our mind, body, emotions, and behaviour
- Reflect on stressful situations and think about ways to cope
- Learn simple breathing exercises to help manage stress
- Learn to react to situations in a more positive way
- Think about worries and fears in a realistic and productive way
- Kids learn to break down problems so they can address them proactively
- Explore creative self-expression as an effective stress buster
- Kids learn how to give and receive support through TLC (Talk, Listen and Connect).



**Register Now**

Sessions will be held on Tuesdays and Wednesdays. Please choose one of the options below and click on the corresponding link (space is limited)

November 23rd, 2021 - January 26th, 2022

February 15th, 2022 - April 13th, 2022

April 26th, 2022 - June 22nd, 2022

[https://bit.ly/StressBusters\\_Afterschool\\_Camp](https://bit.ly/StressBusters_Afterschool_Camp)

We would like to thank the Quinn Family Futures Foundation for their generous support of this program

