



## Triple P Parenting Seminar

### Helping Families Manage Stress

This Triple P informed discussion will provide information and practical strategies to help families share and learn about:

- Common causes of stress
- How stress affects parenting
- How to recognize signs of stress
- Healthy ways to reduce and manage everyday stress

**[Register Now!](#)**

## Parents, Grandparents and Caregivers!

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

**Date:** Wednesday, February 2, 2022

**Time:** 10:00 a.m. – 11:30 a.m.

**Location:** Zoom Link will be provided

**Facilitator:** Uma Bhatt, R.S.W.  
York Hills Centre for Children, Youth and Families

### More Information:

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This free Parent Presentation is brought to you in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board

