

# KIDS HAVE STRESS TOO ! Online Workshop

**Workshop Facilitator:** Michelle Doucette, Certified Online Instructor Faculty, Early Childhood Education NSCC Burrige Campus

The workshop will be available through Elluminate Live, which is a real time virtual classroom. It's like having a chat , a white board and a telephone conference call all at once. Participants will need to have a headset with a microphone. Michelle will be online 30 mins before the session to introduce you to the program. If there run into any problems logging in, call 740-1239 and we will try to assist you with troubleshooting

**TO REGISTER  
CONTACT  
The  
Early Childhood  
Development Support  
Centre**

**NSCC  
Burrige Campus  
Phone: (902) 742-7832  
Fax: (902) 742-7857  
Email:  
donna.barrett@nsc.ca  
connie.doucette@nsc.ca**

**You will be given a meeting link.** You don't need a password to join. Just type your first and last name, and log in. It takes a few minutes for Elluminate to load.



This workshop will help parents and caregivers understand childhood stress and how to provide children with the tools needed to deal with stress effectively. It is a broad-based primary prevention program to provide parents, caregivers, and communities with the knowledge, awareness and skills to help young people become healthier and more resilient through learning how to manage their stress.



**NSCC**

**When: Wednesday, December 2 , 2009**

**Location : From your home, library or a local NSCC, etc.**

**Time : 6:30 to 8:30 pm**

**Pre register by: Nov. 24, 2009**