



FREE WEBINAR:

COVID, Stress Awareness, and Returning to School

**Friday, September 18, 2020
10:00 a.m. - 11:00 a.m.**

Returning to school in a COVID world increases everyone's stress. In this webinar, learn what stress is, what happens in the brain and body when experiencing stress, how behaviours are affected, and strategies for teachers and students to self-regulate.

Presenters:

Connie Herman, B.A., B.S.W.

Nobody's Perfect Parent Program Coordinator

Jackie Eaton, B.Ed.

CAPC Training and Education Coordinator

To register for the webinar, please contact the Saskatchewan Prevention Institute and send your name, organization, email, and phone number to: jeaton@skprevention.ca.

This webinar will be recorded and will be available on the Saskatchewan Prevention Institute's website, www.skprevention.ca.