

# Helping Kids Cope with Stress



April is Stress Awareness Month. As adults we know that stress is a normal part of life. However, kids, especially teenagers, are not likely to ask their parents for help managing their stress and may not recognize that they are feeling overly stressed. This means it is up to parents and/or mentors to help! Join us for a program on recognizing and managing stress in children and teens.

Presented by Trixy Thibodeau, MA, CHES, DRCC, CPRS, TTS, health educator, Community Health, Atlantic Health Newton Medical Center

**Thursday, April 16, 12:00pm**

**Virtual Webinar**

Pre-registration is required.

Visit [atlanticealth.org/events](https://atlanticealth.org/events) or call 1-800-247-9580 to register.

