

# Stress Busters

Online classes facilitated by  
Hillary Davis of Amity Parenting

**Online classes start  
April 23 – June 11,  
from 2:00 – 3:00 pm  
Ages 10 – 12**

*There will be a 1 hour session for parents  
after the program is complete.*

Upon completion of the group,  
your child will have a clearer  
understanding of their stress  
and will have the tools to lessen  
the effects of stress and anxiety  
in daily life.

To register, email: [fcss@beaumont.ab.ca](mailto:fcss@beaumont.ab.ca)

