



# Understanding your **t(w)een** ...

## Dealing with Exam Stress April 13, 2016

FREE Dinner: **5:30 p.m. - 6:30 p.m.** *Leduc Public Library*  
Parent session: **6:30 p.m. - 8 p.m.** *(#2 Alexandra Park)*

Youth are experiencing higher levels of anxiety than ever before. Exam stress is particularly problematic for them. Understanding the brain neurology of stress and memory is important in helping our children and youth deal with stress reactions; in turn becoming more resilient and better able to cope.

*\*Child care may be available upon request.*

*For more information or to register, contact the City of Leduc's Family & Community Support Services at 780-980-7109.*

