

ANXIOUS ABOUT JUNIOR HIGH?

KEYS PRESENTS:

JUNIOR HIGH JITTERS

Junior High Jitters is a program tailored for students who experience anxiety about the transition to junior high.

This half day long program will equip youth with skills for stress management, academic performance, and connecting with others. Students who are new to the community and looking to build friendships will also benefit from this program

**TO REGISTER CALL STRATHCONA
COUNTY FAMILY AND COMMUNITY
SERVICES AT 780.464.4044**

DATES AND TIME

9:00AM—12:30PM

AUGUST 14

AUGUST 16

Held at
Strathcona County Community Center
501 Festival Avenue
Sherwood Park

KEYS is a mental health capacity project funded by Alberta Health Services and a Healthy Relationships Project funded by Alberta Community and Social Services.

