

# Families, Stress, Anxiety and Resilience

Children's Mental Health staff from Simcoe Muskoka Family Connexions and Muskoka Family Focus Parent Education Staff will co-facilitate this discussion about how to teach your family the skills they need to manage stressful situations and develop resilience.



Please register with OEYC staff for FREE childcare  
No registration required for FREE workshop

Fri Oct 14 - Port Carling Community Centre

Thurs Oct 20 - Baysville Arena

Fri Oct 21 - Port Sydney Community Centre

Fri Oct 28 - St. Thomas Anglican Church, Bracebridge

Wed Nov 2 - Dwight Community Centre

Thurs Nov 3 - Bala Community Centre

Wed Nov 9 - Baxter-Ward Community Centre

Thurs Nov 10 - Huntsville Active Living Centre

Mon Nov 14 - Mactier Arena

Thurs Nov 24 - St. James Anglican Church, Gravenhurst

Tues Dec 6 - Community Living  
Huntsville



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Children's Mental Health staff from Simcoe Muskoka Family Connexions and Muskoka Family Focus Parent Education Staff will co-facilitate this discussion about how to teach your family the skills they need to manage stressful situations and develop resilience.



## Join us in the evening!

6:00 - 8:00 pm

FREE childcare and  
transportation may be available



Tuesday November 1<sup>st</sup> - Gravenhurst Public School  
Tuesday November 22nd - Bracebridge Public School  
Thursday November 24th - Huntsville Public School

Please register online using your phone, tablet or computer (the link is also on our website and Facebook page), or call

705-645-3027, ext 200

[www.muskokafamilyfocus.com](http://www.muskokafamilyfocus.com)

