

# Community Education Service

## Helping your Stressed out Student: Tips for Parents to Combat Test Anxiety and School Stress

**Presenter: Andrea Stelnicki, MSc, RPsych**

**October 22, 2018**

**7:00 pm - 8:30 pm**

**Sign in: 6:45pm**

**Western Canada High School  
641 17 Ave SW, Calgary**

Session is FREE  
of charge/  
Parking fees  
may apply

**Register: <http://community.hmhc.ca/>**

For more information: email [ces@ahs.ca](mailto:ces@ahs.ca) or call (403) 955 - 4747

This session will provide parents with information about stress in adolescence and signs to look for. It will also focus on strategies that parents can use to help their teen manage general and school stress, with specific strategies for combating test anxiety.

**Level I:** This session presents an overview of strategies to help teens handle school stress and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with Western Canada High School and High Point Psychology.