



Join us for a Stress Less Workshop: Holiday Kids Edition!

Does your child sometimes feel holiday stress?

Though the holiday season can be fun, it can also bring additional stressors, like being in large groups of people or having to wait our turn. If your child is feeling more nervous, overwhelmed, or is avoiding situations they find difficult, they may be feeling holiday stress.

Youth between the ages of 6 and 12 are invited to attend a single-day workshop where they will learn skills to better manage stress all the time, but especially during the holidays.

**Parents are welcome to stay or drop your child off*

and go enjoy a couple hours to work on that holiday shopping!

Join us for hot cocoa, cookies, and a fun craft where children can make their own snow globe!



Location: Hammond Public Library

564 State Street
Hammond, IN 46320

Date: 11/11/2024

Time: 5:30p – 7:00p



**To reserve your spot
for this workshop,
scan the QR code!**

**Registration is preferred,
but walk-ins welcome.*



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