

managing stress

A WORKSHOP FOR **TEENS** IN GRADES 9-12



Family, school, exams, friends . . . A teen's life can be overwhelming. In this practical workshop, presented by BC Crisis Centre, you will learn simple strategies to reduce stress, manage emotions and reactivity, and acknowledge choice in difficult situations. There'll be short videos, group work, and space for quiet reflection.

Thursday, May 23

3:30-5:00 p.m.

Drop in at the Program Room on the Third Floor



North Vancouver City Library - Teens



[nvclibraryteens](https://www.instagram.com/nvclibraryteens)

[#nvclteens](https://twitter.com/nvclteens)



North Vancouver **City Library**

120 West 14th Street