



Ever wondered what you could do to help reduce your child's stress level or how to help them cope?

Naomi's Family Resource Centre will be offering a Free "Kids Have Stress Too!" Workshop for all parents, caregivers and guardians sponsored by the Rural Women's Business Network

**Date: February 24, March 3 and 10**

**Time: 6:00 pm to 9:00 pm.**

**Location : Nor-Dun Senior Support Centre  
517-A Albert St. Winchester**

**You must attend all three sessions.**

Where there is a need, we can assist with transportation and childcare costs.

**For more details or to register call Naomi's Family Resource Centre at 613-774-2838 or Toll-free 1-800-267-0395**

Sponsored by:

