The courses aim to reverse the effects of stress and anxiety. The workshops empower children/teens to better cope with their busy lifestyles by incorporating simple techniques into any schedule.

Some benefits include:
- Stress relief
- Enhanced concentration
- Boosted self-confidence
- Renewed focus
- Improved social skills
- Increased self-regulation

To register, or for more information please contact Safety Tree:
www.safetytreecanada.com or 226-791-0579