

# Parent Speaker Series

building a community where youth thrive

## RELENTLESS STRESS

Sept 29th 6:30 pm via Zoom

Stress now seems part of every day life. Join **Brian McGinley, LSW**, with **CCIU Training and Consultation** as he discusses how to tear through the challenge of relentless stress. In this interactive session, adults learn to identify types of stress, recognize when it becomes harmful and how to best support children and adolescents through stressful situations. Register at [wcctc.org/meet](https://wcctc.org/meet).

[REGISTER HERE](https://wcctc.org/meet)

presented by

