



# **BUILDING RESILIENCY MANAGING STRESS**

A session for YOUth  
Wednesday August 30<sup>th</sup>  
2 pm -4 pm  
Captain William Spry Public Library

Join us for an afternoon of hands on activities all  
about coping with life stresses.  
There will be snacks!

Facilitated by NSHA Youth Health Centre  
Coordinators. Open to all youth 13 and up.  
You can just come! For more information, contact  
[Sheila.Lane@nshealth.ca](mailto:Sheila.Lane@nshealth.ca)