Arts Express™
Bringing children and the Arts
together since 1995

**The T.A.S.A.M. Program
Tackling Anxiety and Stress through
Arts and Mindfulness**

Calming   **Understanding**   **Awareness**   **Mindfulness**   **Strategies**   **Healing**

Alta Vista Public School presents:

Tackling Anxiety and Stress through Arts and Mindfulness

Thursday, March 1st
7:00pm-9:00pm
1349 Randall Ave

**Supervised Movie Night will be available for students 7:00 – 9:00 pm
"inside Out"**

RSVP to nancy.artsexpress@bell.net
.

Using our creative arts approach to education, Arts Express has developed **The T.A.S.A.M. Program** to provide children and their parents with lifelong strategies and techniques to cope with anxiety and stress, helping them effectively eliminate the stigma and discomfort of these issues for years to come.

Parents can join us in the evening for a presentation by **Child and Youth Counsellor and mental health advocate Jennifer Kay** to discuss childhood anxiety, parental intervention and how to help your child create the tools needed for a lifetime of wellness.

Jennifer Kay is a Child and Youth Counsellor and mental health advocate, based in Toronto who has been working with children and families in Toronto for over a decade both privately and in clinical settings. Her vast experiencebegan working for the Hospital for Sick Children as a Crisis Worker, and with their PATU program. Jenniferthen gained extensive practical knowledge working with Children's Aid agencies and the group home and foster care systems. This experience combined with her passion for creative arts create a unique approach to supporting families and empowering kids.

 The topics that will be addressed by this program will include:

- Identifying the seriousness of your child's anxiety and stress levels
- Tools to use to help alleviate minor everyday anxieties and stress
- Kid-friendly approach to developing useful strategies
- Leading by example
- The importance of exercise
- Communicating with your anxious child without frustration
- Developing a safe structure within the home environment
- Knowing when to seek professional help