

Strong Minds Strong Kids



WHO ARE WE?

We are a national not-for profit with a long history of developing and delivering psychological knowledge, expertise, tools and resources. Our mission is to nurture resilience in children and youth by providing practical, evidence-based programs.

GRADES 1-6 PROGRAM

Our grades 1-6 programming includes the [Kids Have Stress Too! Grades 1-3 guide](#) and the [Stress Lessons Toolkit for grades 4-6](#).

Provides educators with engaging activities and strategies to help create an emotionally-healthy environment in their classroom by promoting effective stress-management skills and strategies.



GRADES 7-12 PROGRAM

Our grades 7-12 program includes our two Stress Lessons guides, [From Stress Out to Chilled Out for Grades 7-9](#) and [Tools for Resiliency Grades 9-12](#)

A student-centred resource filled with strategies and tools designed for education professionals to help teens develop resilience and positive coping skills.

We offer online training for all of our programs

The time commitment for these trainings is negotiable, with flexibility around delivery.

For more information visit
www.strongmindsstrongkids.org