

BRSO Mental Health Capacity Building  
Program Presents:

# PARENT & FAMILY CALM DOWN TOOLKIT

Join us to discover calm down strategies  
you can use in your home.


**FREE KIT INCLUDED!**



Whether you're 2 or 20 or 100 years old, managing big emotions isn't easy!

In this online session,  
learn how to:

 Use easy Calm Down Tools  
& Strategies in your home.

 Keep from getting  
overwhelmed, before someone  
flips their lid.

**Wednesday April 28, 2021**

**1pm-2pm**

**OR**

**Thursday April 29, 2021**

**6:30pm-7:30pm**

*Space is limited.*

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**TO REGISTER:**

**Email Andrea Dyck:**

**[adyck@brsd.ab.ca](mailto:adyck@brsd.ab.ca)**

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**FREE!**  
**FOR PARENTS &  
CAREGIVERS WITH  
KIDS OF ALL AGES!**

