

Strong Minds Strong Kids, Psychology Canada

Unlock the power of resilience for young minds and help them stress less!

Our mission is to empower children with the tools to navigate life's challenges. For 50 years, we've helped children build resilience, coping skills, and mental well-being by working with parents, caregivers, and youth professionals.



Make the Connection Online Program

The **Make the Connection** Direct to Parent is an online, asynchronous, program designed for parents and caregivers of infants *aged 0-3 years*. Developed based on psychological science, this program promotes secure attachment and brain development, equipping parents with the tools they need to support emotional growth and foster healthy parent-child relationships.

For
Parents

- **FREE Program Access:** makingtheconnectionmatters.com (value of \$50/person)
- Contact [Mackenzie Cielen-Gough](#) for more information.

0-3
make the connection
FIRST THREE YEARS

Make the Connection Program Facilitator Training

The **Make the Connection Facilitator Training** is designed to equip early years professionals with the tools, knowledge and resources to effectively deliver the MTC program with the families they work with. Providing an in-depth review of the MTC Facilitator Guide, professionals will learn how to effectively support parents in building a secure attachment with their infant.

For
Early Years
Professionals

- 2.5 hour, live virtual training (value of \$75/person)).
- Contact [Mackenzie Cielen-Gough](#) for more information.

Kids Have Stress Too! & Stress Lessons Program

The **Kids Have Stress Too!** (preschool / kindergarten and grades 1-6) and **Stress Lessons** (grades 7-12) programs are designed to provide child and youth serving professionals with a comprehensive set of lessons, tools, and resources to help kids learn to manage stress, build effective coping skills, and nurture resilience.

For
Youth-Serving
Professionals

- Grade-specific guides that offer age-appropriate strategies and activities:
- Preschool & Kindergarten, Grades 1-3, 4-6, 7-9, 9-12.
- 1.5 hour or 2.5 hour virtual training (value of \$50-\$75/person)
- Contact [Bre Calma](#) for more information.





StressLess

The **StressLess** workshop provides caring adults with a grass-roots understanding of age-appropriate stress management and resilience building techniques as well as an introduction into the fundamentals of stress in children and teens, to help you implement the activities and tools you'll find in the StressLess Booklets.

For caring adults

Designed to pick up and use, StressLess Booklets offer a proactive approach to address these challenges, providing adults with age-appropriate techniques and strategies to help youth build resilience and cope with stress effectively. Divided by age group: 4-6, 6-9, 9-12, 12-14, and 14-18, each booklet is packed with colorful illustrations and interactive activities which make it a fun and accessible resource for supporting children and teens with their mental health.

- 1 hour, live virtual workshop (*value of \$25/person*).
- PDF of printed booklets available.
- Contact **Bre Calma** for more information.

Masterclass In Stress Management Workshop

This workshop on the fundamentals of stress and resilience is the first step towards understanding, recognizing and applying strategies to support the young people in your life manage life's inevitable ups and downs. This program will walk participants through skill-based activities that guide them to recognize the signs and symptoms of stress in their children and youth, understand what stress "feels" like, identify their children and youth's stressors and their impacts, see the upside of stress, and learn to support their children with the implementation of coping and problem-solving strategies.

For caring adults & professionals

- 1-hour, live virtual workshop (*value of \$500 for up to 100 people, \$1000 for up to 500 people*).
- Contact **Bre Calma** for more information.

Taking Care of You Workshop

This workshop provides adults with practical strategies and resources to help manage life's ups and downs. Together, participants will explore opportunities for promoting their mental health and well-being in the workplace and home. Participants will discuss what stress is, the physiology of stress, and how to engage in positive coping mechanisms. Prepare to come away from this session equipped with resources to manage stress, interactive tools, workplace resilience booklets, tips, and more.

For caring adults & professionals

- 1-hour, live virtual workshop (*value of \$500 for up to 100 people, \$1000 for up to 500 people*).
- **Also available in one, condensed 1.5 hour session** combining Taking Care of You & Masterclass in Stress Management.
- Contact **Bre Calma** for more information.

Free Resources

Explore our free resources to support children and youth! Check out the Stress Coach Chatbot for teens, the Zen Garden Youth App, and the Resiliency Quiz to help kids build emotional resilience and manage stress!

For Everyone!





Stress Busters Program

Stress Busters (grades 4-6) program is one of SMSKPC's direct-to-youth programs. Based on our evidence-based KHST! program for child-serving professionals, Stress Busters helps kids learn stress management through fun and engaging activities. In a safe space led by an SMSKPC facilitator, children connect with one another, practice new skills, build resilience, and support each other all while developing stress management skills that will help them throughout life!

Direct to youth

- 8 sessions (1 hour/session) or 5 sessions (1.5 hours/session)
- Available online, after-school or live via Zoom directly into classrooms/community spaces. (value of \$250/child)
- Contact **Meghan Williams** for more information.

Taking Care of You(th) & Peer Mentor Program

Taking Care of You(th) and **Peer Mentor** (grades 9-12) are SMSKPC's direct-to-youth programs, grounded in our evidence-based Stress Lessons program for youth-serving professionals.

Direct to youth

In **Taking Care of You(th)**, teens explore the nature of stress, identify their personal stressors, and acquire practical coping strategies. In **Peer Mentor**, teens deepen their understanding of stress management, while building leadership and communication skills to mentor their peers, becoming mental wellness ambassadors within their schools and communities.

- **Taking Care of You(th)**: 2-hours over Zoom (value of \$75/teen)
- **Peer Mentor**: 2-hours over Zoom (value of \$75/teen)
- **Combined Session (combines both programs)**: 3 hours over Zoom (value of \$125/teen)
- Contact **Bre Calma** for more information.

THRIVELANDIA™

ThriveLandia was designed to meet teens where they're at - online. Thrivelandia is a virtual, video-game style resource filled with fun learning activities for kids and teens aged 10-17, to help them thrive at school and in life, or in other words, to be resilient. Based on Dr. Diana Brecher's 5-Factor Model of Resilience, youth will explore five lands of thriving, parents will be supported as allies, and teachers will receive lesson plans to integrate resilience building directly into their classrooms!

Direct to youth

- Youth can access for FREE with code: **Thrive-Youth**
- Parents can access for FREE with code: **Thrive-Parent**
- Contact **Jaime Luttmann** for more information, or to access an educator profile (value of \$25/educator).

To learn more about our programs:

Jaime.Luttmann@StrongMindsStrongKids.org