



Canyon Crest Academy
Parent workshop
Student Wellness and stress management
Wednesday, February 28th, 6:30-7:30pm
Located in the Proscenium (theatre)

Learn helpful information from a panel of speakers including our school psychologist, counselors, administration, parent and alumni students.

- Advice for parents to help reduce stress and anxiety at home
- Strengthen your support network with staff and other parents
- Know that you are not going through this alone
- Open to all parents in our community

Any questions please contact, community@canyoncrestfoundation.org
CCA - 5951 Village Center Loop Road