



Understanding Stress and Trauma in Youth Webinar Series

The Mental Health and Well-being Champion Group has developed a series of recorded webinars with a focus on stress and trauma in youth. Featured topics include:

1. Stress and Children : Good, Tolerable and Toxic
2. Trauma - What is it and how does it cause harm to youth?
3. Toxic Stress - How adversity damages a child's development and well-being.
4. Understanding Adverse Childhood Experiences

To access the recorded webinars please visit <https://forms.gle/Uymkoe9JgAhuZm61A>



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