

The T.A.S.A.M. Program  
Tackling Anxiety and Stress through Arts and Mindfulness  
**IPS School Council Event**



Calming

Understanding

Awareness

Mindfulness

Strategies

Movement

IPS School Council presents:

**The T.A.S.A.M. Program**  
**(Tackling Anxiety & Stress through Arts & Mindfulness)**

**Tuesday, April 30<sup>th</sup>**  
**Parent Workshop & Discussion**  
**6:00 to 8:00 at 77 Harbour Square Condos**  
(School day (students only) at Island Public School)

Using our creative arts approach to education, Arts Express has developed The T.A.S.A.M. Program to provide children and their parents with lifelong strategies and techniques to cope with anxiety and stress, helping them effectively eliminate the stigma and discomfort of these issues for years to come.

**Student Workshops:** During the school day, Island Public School students from Grades JK-6 will experience all or some of the following a storytelling performance on the topic of mindfulness called *Milton's Secret* and a drama workshop, to develop a tool box to use in every day situations when they encounter stress or anxiety

**Parent Workshops:** Parents can then join us in the evening for a presentation by Child and Youth Counsellor and mental health advocate Jennifer Kay to discuss childhood anxiety, parental intervention and how to help your child create the tools needed for a lifetime of wellness.

*The topics that will be addressed by this program will include:*

- ❑ Identifying the seriousness of your child's anxiety and stress levels
- ❑ Tools to use to help alleviate minor everyday anxieties and stress
- ❑ Kid-friendly approach to developing useful strategies
- ❑ Leading by example
- ❑ The importance of exercise
- ❑ Communicating with your anxious child without frustration
- ❑ Developing a safe structure within the home environment
- ❑ Knowing when to seek professional help

***We look forward to seeing you !***