

# ANXIOUS ABOUT JUNIOR HIGH?

**KEYS PRESENTS:**

## **JUNIOR HIGH JITTERS**

Junior High Jitters is a program tailored for students who experience anxiety about the transition to junior high. This day long program will equip youth with skills for stress management, academic performance, and connecting with others. Students who are new to the community and looking to build friendships will also benefit from this program.

**TO REGISTER CALL STRATHCONA  
COUNTY FAMILY AND COMMUNITY  
SERVICES AT 780.464.4044**

**DATES AND TIME**

**9am to 3pm**

**JULY 6**

**JULY 20**

**AUGUST 3**

**AUGUST 17**

Held at  
Strathcona County Community Center  
501 Festival Avenue  
Sherwood Park

KEYS is a mental health capacity project funded by Alberta Health Services and co-led by Alberta Education. Additional funding comes from Alberta Human Services. A multi-agency Advisory Committee supports the project.

