



Talking about anxiety stress-free...



An anxiety prevention program offered this year!

HORS-PISTE is a program designed to help students develop concrete competencies for dealing with the challenges of adolescence. Like a road less travelled, you child will be challenged, during the workshops, to push themselves, test out new solutions, and adopt new ways of thinking! HORS-PISTE will help them to recognize their strengths and limitations and will guide them toward new ways of approaching life with confidence, compassion, and fortitude.

Themes discussed in the first year

1. Coping with my stress
2. Dealing with my anxiety
3. Learning to manage my emotions and ask for help
4. Coping with comparisons by looking inward
5. Dealing with peer pressure by learning to assert myself

Themes discussed in the second year

6. Building my self-esteem by figuring out who I am
7. Fighting judgment with tolerance and compassion
8. Preventing conflict by communicating clearly
9. Maintaining healthy friendships through prosocial behaviour
10. Using social media wisely thanks to my critical thinking skills

In-class workshops with a workshop leader from the school

HORS-PISTE doesn't mean being out in left field!



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Avec le financement de

Agence de la santé
publique du Canada

Public Health
Agency of Canada