**Email to parents – workshops completed**

Dear parents,

The OFF-TRAIL workshops are now completed for this year. Your child has been able to learn a great deal and experiment with strategies for coping with everyday challenges.

We invite you to discuss with your child what they have learned from participating in Leo and Charlie's workshops, and to continue using these strategies at home.

As a parent, it's not always easy to know how to help your child cope with stress and anxiety. You received information on this subject over the course of the year. You can [CLICK HERE](https://sante-mentale-jeunesse.usherbrooke.ca/je-suis-un-parent/hors-piste/) to access all the related resources and videos (website currently available in French only).

Are you worried? We invite you to consult a professional resource person. Here are some organizations available to help you:

* Info-Santé: 811
* Social and community resources : 211
* Tel-Jeunes Parents’ Listening Line (toll-free: 1 800 361-5085)
* Tel-Jeunes Youth Help Line (toll-free: 1 800 361-2266)

Other local resources are also available to support you: (add resources near your school here)

Thanks for your participation!

The school team, in collaboration with the Centre RBC d'expertise universitaire en santé mentale.