**Email to parents – Startup**

Dear parents,

In the coming weeks, your child will be taking part in the [OFF-TRAIL program](https://sante-mentale-jeunesse.usherbrooke.ca/wp-content/uploads/2025/02/HPp1_EN_poster_information_parent_tools.pdf). The school has decided to take **preventive** action **against the steady rise in anxiety** among young people by offering in-class **workshops aimed at developing psychosocial skills**. It’s a great way to equip young people to meet the challenges they face and contribute to their well-being!

At the end of each workshop, you'll be briefed on what they've covered in class, and given ideas for reinforcing at home what they've learned in school.

As a parent, it's not always easy to know how to help your child cope with stress and anxiety. That’s why we’re offering you an **interactive virtual workshop** to learn more about anxiety and provide tips on how to help your child cope. To take part in this workshop (currently available in French only) on a date that suits you, click [HERE](https://sante-mentale-jeunesse.usherbrooke.ca/je-suis-un-parent/hors-piste/).

The content of this workshop is also available in the form of **Web videos** (currently available in French only), which you will receive periodically by e-mail. Here's one that will help you understand the difference between stress and anxiety: <https://youtu.be/OolPaQYZs3E>

Finally, here's a little **tool** that summarizes the strategies you can use: [Talking about anxiety without stress... for parents](https://sante-mentale-jeunesse.usherbrooke.ca/wp-content/uploads/2025/02/HPp1_EN_talking_about_anxiety_parents.pdf)

To find out more about the OFF-TRAIL program, visit the following address (website currently available in French only): <https://sante-mentale-jeunesse.usherbrooke.ca/je-suis-un-parent/hors-piste/>.

Thank you for your valuable cooperation.

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