



Talking about anxiety stress-free...



An anxiety prevention program offered this year!

OFF-TRAIL is a program designed to help students develop skills that will help them face life's challenges, improve their well-being and better cope with stress and anxiety. 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! OFF-TRAIL 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 over secondary 1 and 2

1. Coping with my stress
2. Dealing with my anxiety
3. Managing emotions and asking for help when needed
4. Dealing with social comparison through self-observation
5. Coping with social pressure by being assertive
6. Building self-esteem through self-acceptance
7. Fighting judgment with empathy and compassion
8. Preventing and resolving conflict by communicating clearly
9. Maintaining healthy friendships through prosocial behaviour
10. Using social media wisely thanks to critical thinking skills

In-class **workshops** with a workshop leader **from the school**

OFF-TRAIL doesn't mean being out in left field!