

# Responding to Stress: Building Strength in Families

## Parent University

January 16, 2024

7:00 to 8:30 p.m.

*Doors open at 6:30 p.m. for  
childcare and hospitality.*

**Saint Charles Borromeo**

**Feist Hall**

7112 S. 12th Street

Tacoma, WA 98465



**Stressful experiences can land on each member of a family. Join us for this presentation to learn more about how to respond in positive ways to stress** -- family stress, parent stress, and stress on children and youth. This workshop will explore what stress is and where it comes from. We will also consider our human reactions to stress and ways that we hope to respond. This will include strategies to build strengths in families, healthy ways to manage stress, and practical methods to de-stress for people of all ages.

Parents of children in the school and parish faith formation, and adults of all ages are invited to participate. Childcare will be provided.

Please register using the QR code or the form on the reverse side to let us know that you are coming and to sign up for childcare if you need it. Note: if you do not sign up ahead of time but are available at the last minute, please come! If you have questions, please call Tom East, Pastoral Assistant for Initiation, Grief and Marriage Ministries, at 253 564-5185 x 3037, or email: [teast@stcharlesb.org](mailto:teast@stcharlesb.org)

***This Workshop is provided by the Mental Health and Wellness Ministry of Saint Charles Borromeo.***



ST. CHARLES  
BORROMEO  
CATHOLIC SCHOOL

**Parent University**  
**Responding to Stress: Building Strength in Families**  
**January 16, 2024, 7:00 to 8:30 p.m.**

Please print: Name(s) \_\_\_\_\_

Email address \_\_\_\_\_ Phone \_\_\_\_\_

Do you need childcare? Yes No (please circle) If yes, please list the names and ages of the children: \_\_\_\_\_

Please note: *childcare requests must be received by Monday, January 8, 2024*

Return this form to:

Tom East, Saint Charles Borromeo Parish \* 7112 S. 12th Street, Tacoma, WA 98335

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**Register  
online using  
this link ->**



**ST. CHARLES  
BORRAMEO  
CATHOLIC PARISH**