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Dear Parent,

Suicide Information & Education Services is a non-profit organization providing information, education and referral services to Red Deer and communities in Central Alberta.

This is to notify you that we will be coming into your child's school and delivering a program called "The Stress of Tests". This program is for youth in high school, and lasts about 1 hour. The presentation helps students learn effective study habits, causes of test anxiety and assists with building de-stressing skills..

At the conclusion of the presentation an option will be given for those requiring more information, resources or support to contact our agency through email at shanelle.westerlund@suicidehelp.ca. Any concerns which may arise through this contact will be discussed with the school supports and/ or RCMP if it is a crisis.

Should you have any questions/comments/concerns, please contact us and we would be happy to assist you.

Sincerely,

Shanelle Westerlund
Youth Education Coordinator
Suicide Information & Education Services
(403) 342-4966
Shanelle.westerlund@suicidehelp.ca