



SJN Community Event

**April 20, 2026
6:00 to 7:30 pm**



HF Care
Asian Mental Health
and Well-Being

Presents

**Ways to support your child
with academics and
schooling**

For more information please
contact: 905-474-0284

**We Welcome The Legion of Mary, SJN CSC and
Mental Well Being Resources From YRPH**

St. Justin Martyr



GUEST SPEAKER



THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming,
Using Mean Words

Hitting, Kicking, Biting,
Throwing, Punching

Blaming, Deflecting
Responsibility, Defensive

Demanding,
Controlling

"Oppositional",
Defiant, "Noncompliant"

Moving Towards What
Feels Threatening

Irritable, Angry,
Furious, Offended,
Aggressive

FLIGHT

Wanting to Escape,
Running Away

Unfocused, Hard
to Pay Attention

Fidgeting, Restlessness,
Hyperactive

Preoccupied, Busy with
Everything But the Thing

Procrastinating, Avoidant,
Ignores the Situation

Moving Away From What
Feels Threatening

Anxious, Panicked,
Scared, Worried,
Overwhelmed

FREEZE

Shutting Down,
Mind Goes Blank

Urge to Hide,
Isolates Self

Verbally Unresponsive,
Says, "I don't know" a lot

Difficulty with
Completing Tasks

Zoned Out,
Daydreaming

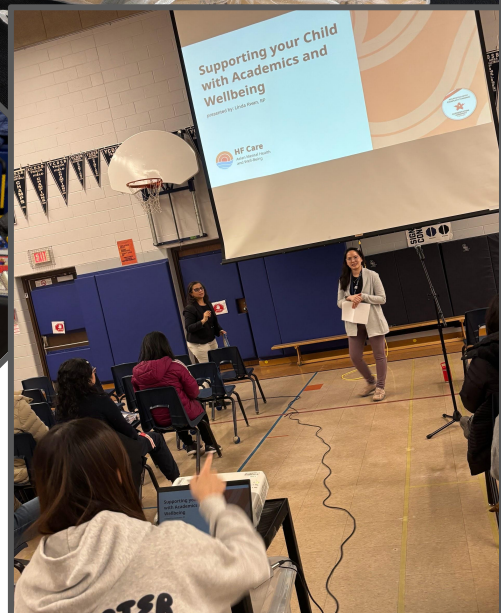
Unable to Move,
Feeling Stuck

Depressed, Numb,
Bored/Apathetic,
Helpless

LEGION OF MARY ST. JUSTIN, MARTYR CHURCH



Supporting your Child with Academics and Wellbeing





Things we've heard: Student edition

"My parents keep saying I'm lazy, but I'm just **burnt out** and have lots of things going on. I pretend to look normal but I **break down every once in a while.**"

