

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

CBE Caregiver Series

These sessions are free and provide information, resources, helplines, and services to support healthy child and youth development

Oct 6	Unmasking ADHD in Girls Part 1: Understanding Female ADHD (Noon – 1:30 PM)
Oct 6	Mental Health & Youth (6:30 – 8PM)
Oct 8	Unmasking ADHD in Girls Part 2: Supporting Females with ADHD (Noon – 1:30 PM)
Oct 13	Vaping & Youth (6:30 – 8PM)
Oct 14	School Avoidance: Moving towards reducing distress and improving attendance (6:30 – 8PM)
Oct 20	Raising Healthy Humans in a Digital World: Conversations about technology, mental health, and growing up online (6:30 – 8PM)
Oct 21	Sexual Health: How to have conversations at home (6:30 – 8PM)
Oct 22	Stress, Stigma, and Safety: Building supportive communities for youth (Noon – 1:30 PM)
Oct 28	School Avoidance and Sleep Hygiene: Working towards improving attendance and communication with your child (6:30 – 8: 30 PM)

[Click here to register](#)

Mental Health Collaborative | [Recovery Alberta](#)

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