

# Community Education Service

## Understanding a Child's Pain: What to Do, How to Help

Presented by: **Dr. Torie Carlson**, Psychologist,  
Alberta Children's Hospital

**September 17, 2019**

**6:30 pm - 8:00 pm**

**Sign in: 6:15pm**

Alberta Children's Hospital  
**Kinsmen Learning Centre (4th floor)**  
28 Oki Drive NW, Calgary, AB T3B 6A8

Session is FREE  
of charge/  
Parking fees  
may apply

**Register:** <http://community.hmhc.ca/>

For more information: email [ces@ahs.ca](mailto:ces@ahs.ca) or call (403) 955 - 4747

This workshop is for parents and caregivers on how to help their child cope positively with painful medical procedures, tests and injuries of childhood. 90 minute session will include a presentation with discussion focusing on how a child's pain is perceived, how to talk to your child about pain, and how to successfully coach them to help themselves to overcome fears and worries associated with medical interventions.

**Level I:** This session presents an overview of how to help children cope with medical procedures and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services.