

Community Education Service

Sleep For Children and Adolescents: Commons Concerns and Strategies for Improving Sleep

Presenter: Silvia Henning, B.A., M.C., Registered Psychologist,
Macdonald Psychology Group

October 23, 2019

6:30 pm - 8:00 pm

Sign in: 6:15pm

Calgary Academy School

1677 93 St SW

Session is FREE
of charge/
Parking fees
may apply

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

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

Good quality sleep is a positive factor in healthy development of children and adolescents. It influences learning, behaviour and decision making; supports our emotional health and well being; and promotes healthy growth, metabolism and immune system functioning. Yet, evidence suggests that many kids do not get enough sleep.

This presentation will focus on the importance of sleep for school aged children and teens, common signs and causes of sleep deprivation, and effective solutions for improving sleep.

Level I: This session presents an overview of sleep and teens 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 in partnership with [Macdonald Psychology Group](#).