

Community Education Service



Improving emotional health and well being

MINDFULNESS for Stress Management and Emotional Regulation

Kate Love is a CBE teacher and Legacy Lulu Lemon Ambassador

This session will help introduce you to the main concepts of Mindfulness practices and give you ways to reduce stress in yourself and your children.

In this transformative practice, you will be introduced to ways that mindfulness can be used to increase focus and achievement while giving you a toolbox of experiential skills that help lower anxiety, build resilience, reduce stress and help with your (or your child's) emotional regulation.

Youth 10+ may join with their caregiver(s).

FREE LEARNING

Saturday January 25 2020

10:00 AM – 11:00 AM

Calgary Girls Charter School

6304 Larkspur Way SW, Calgary

Registration Required

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Kate Love**

CES@ahs.ca <http://community.hmhc.ca/>