

# Community Education Service



*Improving emotional health and well being*

## Keeping Children and Youth Engaged over the Summer

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Closer to Home Community Services**

This presentation will focus on a question that seems to be on every parent's mind over the summer, "how do I meaningfully engage my children and youth at home?" Current professionals will often advocate for at least one physical activity, and one cognitively stimulating task a day. We will be discussing when it is the best time to engage with your child, we will outline how to create goals as a parent, we will teach you how to build on your strengths and how to use your environment to your advantage, how to implement effective praise for both yourself and your child and of course we will provide you with a large list of age-appropriate activities and resources to start off your parenting toolkit. We use the Teaching-Family Model to help you teach practical skills such as problem-solving, goal setting, self-determination, and support learning which leads to long-term outcomes.

## FREE Webinar

**Thursday, July 16, 2020  
10:00 AM - 11:30 AM**

[\*\*Register\*\*](#)

[\*\*https://community.hmhc.ca/\*\*](https://community.hmhc.ca/)

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **Closer to Home Community Services.**