

Community Education Service



Improving emotional health and well being

Easier Than You Think

**Diana Wark Registered Social Worker
Training Centre Facilitator**

After participating in this program, parents and natural supports can expect:

- To feel more comfortable & confident talking with their children about sexuality and relationships.
- To practice basic strategies to effectively communicate with children about sexuality and relationships.

The *Easier Than You Think* program combines a power point presentation with interactive activities and discussions to help parents identify their family's values about sexuality and relationships and to clarify how to communicate these to their children. We will also provide tools for answering questions and decision making.

FREE LEARNING

December 3, 2020
1:00 PM – 3:00 PM

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 **Centre for Sexuality**.

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