

# Community Education Service



*Improving emotional health and well being*

## Putting Stress Under the Microscope: Parenting Stress and Its Relationship to Parenting

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Parenting is rewarding, but is no easy feat. This presentation will focus on the parenting role and will discuss parenting beliefs, parenting practices, and a specific type of stress, known as *parenting stress*. New lines of research, children's social and emotional development, and parenting strategies will also be covered, with the overall goal of supporting parents' parenting experiences.

**Saturday Feb 6 2021  
10 AM**

**Click here to  
register  
FREE  
online event**

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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 the **University of Alberta, School and Clinical Child Psychology**

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