

Community Education Service



Improving emotional health and well being

Habits of Mental

Danielle Mayer, BA, BCYC, CYCAA Health & Wellness Worker
Marya Abma, BSW, Health & Wellness Worker

Everyone has mental health which is equally important as physical health. Just like physical health, we need proper supports, strategies, and healthy coping habits to maintain an optimal wellbeing. In this webinar we will go through various ways to facilitate positive mental wellbeing as well as the many benefits of positive mental health.

FREE LEARNING

June 8, 2021

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 **Closer to Home Community Home**.

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