

# Community Education Service



*Improving emotional health and well being*

## There's no mental health without spiritual health:

### Using the 5 B words for navigating stressful times

Allan Donsky M.D.

*Psychiatrist and Pediatrician*

*Clinical Associate Professor, Department of Psychiatry, University of Calgary*

In these uncertain times the usual guide posts of the external world seem to have disappeared. We are therefore left with the possibility of finding new direction by navigating our inner world. At the end of this presentation participants will;

- appreciate the importance of reconnecting with yourself in deeper richer ways
- learn the 5 B words
- apply these words to their personal situation to come up with a plan for greater well-being and spiritual health

**Wednesday November 24 2021  
6:30 pm MST**

**Click here to register**  
**FREE**  
**online event**

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services