

Community Education Service



Improving emotional health and well being

Mindful Moments Building Stronger Family Connections

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What is Mindfulness?

- This workshop will focus on what mindfulness is and how it can be used to help families to build stronger family relationships
- Mindfulness skills and coaching activities for self-regulation and stress reduction, keeping cool even when children escalate, techniques to manage strong emotions and learning how to be present with your children will also be discussed

FREE WEBINAR

February 24, 2022
6:30 PM - 8:00 PM

[Register](#)

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 in partnership with YWCA Calgary.