

Community Education Service

Understanding the Relationship Between Sleep & Good Mental Health

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Specialist in child and adolescent psychiatry, University of Calgary

Thursday March 15, 2018

6:30 pm - 8:30 pm

Sign in: 6:15pm

Boys & Girls Club

1003 Allen St NE, **Airdrie**

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

Objectives of the talk:

- Understand the importance of sleep
- Increase the awareness about the physical and emotional consequences of sleep deprivation
- How to promote adequate sleep in young people

Level I: This session presents an overview of sleep and mental health and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the
Child and Adolescent Addiction, Mental Health and Psychiatry Program
(CAAMHPP) of Alberta Health Services in partnership with [RVS—MHCB Stepping Stones to Mental Health](#).