

Community Education Service

Mindfulness for Stress Management & Emotional Regulation

Kate Love, BFA, BEd, EVERMINDFUL

November 19, 2018

6:30 pm - 8:30 pm

Sign in: 6:15pm

Alberta Children's Hospital

Kinsmen Learning Centre 4th Flr

2888 Shaganappi Trail, NW

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

This session will help introduce you to the main concepts of Mindfulness practices and give you ways to reduce stress in yourself and your children. In this transformative practice, you will be introduced to ways that mindfulness can be used to increase focus and achievement while giving you a toolbox of experiential skills that help lower anxiety, build resilience, reduce stress and help with your (or your child's) emotional regulation.

Level I: This session presents an overview of mindfulness 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.