

Community Education Service



THE CORE STORY OF INFANT MENTAL HEALTH

WITH EVELYN WOTHERSPOON,
MSW.

March 7, 2019

Session: 11:00 am - 12:30 pm

Sign in: 10:45 am

Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW

Session is **FREE**
of charge/
Parking fees
may apply/
Limited child
care available,
call
(403) 955-2500

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



To request Telehealth/VC or Audioline, **please click on the video or telephone icons above or** next to the session title on the website for more information on how to register.

Participants in this workshop will learn what infant mental health is, how it unfolds, and how the emotional well-being of very young children can be derailed. The presenter will discuss what can parents do to support healthy attachments and brain development in their infants and toddlers. Parents will learn about how the young child's brain is shaped by experiences, how relationships help children learn how to regulate their emotions, attention and behavior.

Evelyn Wotherspoon is a parent, author and social worker with over 30 years of experience working with families with young children. Evelyn has presented to audiences throughout the US and Canada.