

Community Education Service

Healthy Relationships: How Parents Can Help Their Children Create Positive and Healthy Relationships

Crystal Dittrick, PhD, CCC, Registered Psychologist

May 29, 2019

6:30 pm - 8:30 pm

Sign in: 6:15pm

Springbank Middle School
244235, Range Rd 33

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 presentation will focus on how parents can help children develop positive healthy relationships in their lives. Healthy relationships among youth are key to fostering positive social-emotional development, as well as preventing bullying and other relationship problems. The qualities of a healthy relationship will be outlined. Strategies to help parents talk about relationships and promote healthy and positive relationships will be provided. The purpose of this presentation is to empower parents to have meaningful conversations with their children to build the parent-child relationship, as well as provide strategies that parents can use to help their children develop healthy relationships with other adults and their peers.

Level I: This session presents an overview of healthy relationships 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 & [RVS, MHC B Stepping Stones to Mental Health](#).