



Improving emotional health and well being

Areas of Influence

Chris Burt, MA Counselling Psychology, Director of Continuing Education at CityU in Canada

This presentation will discuss how parents influence their children, including affecting their environment, social identity, consequences to behavior, and developmental stages.

A reliance on discipline as a primary way to shape children's behaviour can lead to many pitfalls for both the parent and the child. This seminar helps parents gain an appreciation of the many factors that influence behaviour, supporting them to also encourage wanted behaviour, understand their child's unique developmental and social needs, and help their children build an internal sense of motivation and responsibility.

**Tuesday Jan 11, 2022
6:30 pm (mst)**

**Click here to
register
FREE**

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 and [Christopher Burt](#)

CES@ahs.ca <http://community.hmhc.ca/> 403 955-4730