

Community Education Service



Improving emotional health and well being

A Parents' Guide to Tackling Stress, Anxiety, and Mood: Using CBT Skills to Support Your Children and Yourself (Covid-19 edition)

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The COVID-19 pandemic has been tough on all of us and as we begin to recover it's important to work on lingering stress, anxiety, and low mood. Cognitive-behavioural therapy is a well-established way of reducing these issues in adolescents and adults. In this workshop, you'll learn how to implement practical CBT strategies to support your children and teens in managing their thoughts, feelings, and behaviours. Tools to support parent well-being will also be included as well as examples of how these strategies can be used in everyday life and how they can be used to support families as we begin to recover from the pandemic. By the end you should feel you have strategies that will help you help your kids!

**Tuesday October 12, 2021
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

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