

Community Education Service



Improving emotional health and well being

Managing Transitions

Kayla Yuzdepski, a Family Champion Facilitator at the YW Family Resource Network

We are faced with many transitions throughout the day. These transitions can pose many challenges; how do we get children to move from watching tv to eating dinner, or how do we make leaving the house smoother?

In this presentation you will learn practical strategies, gain valuable insights, and strengthen family bonds as we embrace transitions together.

FREE SESSION

May 1st, 2024
1:00 PM – 2:00 PM

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This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with [YW CALGARY](#).