

Community Education Service



Improving emotional health and well being



Stress

Katherine Jarrell, MSW, RSW & Colleen Pruden, RN, BN

When adults can manage their stress well, it helps them to be more present and regulated to support the children they care for. This 2-hour workshop for adults includes a basic discussion about stress, and how we can recognize personal stress signs.

Several coping skills and strategies are explored, and participants will come away with a personal stress reduction action plan.

May 30th , 2024
10:00 AM – 12:00 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 AHS [Mental Health Promotion & Illness Prevention](#).

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