

Community Education Service



Improving emotional health and well being

Self-Compassion and Mindfulness for Parents: An Introduction to Theory and Practice

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The terms self-care and mindfulness have flooded mainstream media, but what do these terms really mean, and how can you engage in these practices in a meaningful way? This presentation will explore science-based research into the practices of mindfulness and self-compassion, before introducing practical ways for you to incorporate these concepts into your daily life. This presentation will include some in-session activities such as written reflections and guided meditations.

**Wednesday Sept 15 2021
6:30 pm**

**Click here to
register
FREE
online event**

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 the **University of Calgary Werklund School of Education**

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