

Community Education Service



Improving emotional health and well being

Managing the Holidays through Mindfulness

Supporting your Child's Social & Emotional Well-Being

Ashley Meagher, BA, CYC & Stephanie Sands BSc

The holiday season is coming! Not feeling particularly cheery this time of year? You're not alone. Many find the holidays bring as much stress as they do joy. In this session you will learn about mindfulness and take away practical tools that will help you make the most of these festivities and this time of year.

This session will explore the topic of mindfulness and how mindfulness strategies can help support your child's social and emotional well-being. Explore how our brain's stress responses may impact our social and emotional well-being and how we can use mindfulness to calm a child's brain. Improved social emotional skills using mindfulness can lead to better focus in school, better cooperation with others, improved self-awareness, self-regulation, decrease stress/anxiety, and improve our overall sense of well-being.

December 7, 2021
6:30 pm - 8:30 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 & **RVS, MHCB Stepping Stones to Mental Health.**