

Community Education Service



Improving emotional health and well being

Caregiver Self-Care and Co-Regulating with Your Child

Tashia Christie, BA Psychology & Kelvin Ganpatt, BA Psychology,
Rocky View School Division & MHCBC Stepping Stones to Mental Health

The importance of self-care for caregivers, burnout, compassion fatigue, and helping children to practice self-care and regulate emotions.

December 13, 2022
6:30-8:30pm

**Click here to
register**

FREE
online event

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 & **Rocky View School Division & MHCBC Stepping Stones to Mental Health.**