

Community Education Service



Improving emotional health and well being

Mindfulness: Supporting Your Child's Social and Emotional Well-being

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Mental Health**

This session will explore the topic of mindfulness and how mindfulness strategies can help support their child's social and emotional well-being. Explore how our brain's stress responses (fight, flight, or freeze) may impact our social and emotional well-being and how we can use mindfulness to calm our brain. We will discuss how the brain influences thinking, emotions, self-regulation, and behaviour. 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. Through an interactive session, participants will be guided through some mindfulness activities that they can use with their children and explore learning from the MindUP program.

**Feb 15, 2023
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 & MHCB Stepping Stones to Mental Health.**