

Community Education Service



Improving emotional health and well being

Self-regulation for the family: How to manage stress and calm the chaos

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It can be hard to cope with your child's (or your own) dysregulation.

This presentation will break down the concept of self-regulation, help you better identify stressors and body signals that are clues to dysregulation, and provide key skills and tips to help your family better manage stressors and daily demands.

March 2nd 2023
1:00 PM – 2:30 PM

[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 and [High Point Psychology](#)

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