

Community Education Service

Improving emotional health and well being

Easier Than You Think –Workshops for Parents and Natural Supports: Parents of 0-11 year old kids

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FREE WEBINAR

This session will be best suited for parents of children aged 0 - 11 years old.

In this workshop we will reflect, explore, and gain tools to build, grow and maintain your family's conversations on topics of sexuality, sexual health, and relationships. Topics include language, boundaries, consent and answering questions.

The Easier Than You Think programs provide interactive learning to parents on how to communicate with their children on topics related to sexuality and sexual wellness.

Research by SEICUS shows that kids want to hear from their parents about not just sexual activity, but also about love, values, and relationships. This program will provide you with tools to have those important and meaningful conversations with your kids throughout their childhood and teen years.

After participating in this program, parents can expect:

- To feel more comfortable & confident talking with their children about sexuality and relationships.
- To practice basic strategies to effectively communicate with children about sexuality and relationships.

December 6, 2021
11:00 AM – 1:00 PM

Register

Centre
for Sexuality 

This session is presented by the **Centre for Sexuality** in partnership with the
Community Education Service of Alberta Health Services.

<http://community.hmhc.ca/>