

Community Education Service



Improving emotional health and well being

Supporting Children and Youth through Grief & Loss (Post Pandemic)

Vicki Tole CYC, Mental Health First Aid Instructor

Stephanie Sands BSc

FREE Educational Session

To watch a child grieve and not know what to do is a profoundly difficult experience for parents, teachers, and caregivers. There are many life experiences that can produce feelings of grief in a child, from the death of a relative or a divorce in the family to more everyday experiences such as moving to a new neighborhood or losing a prized possession. The pandemic has added even more reasons, with children grieving the loss of normalcy and a sense of safety. This session is to help adults counter the false idea of "not feeling bad" and to empower children with positive, effective methods of dealing with loss. We will look at guidelines for helping children develop a lifelong, healthy response to loss and how you can support them through these tough times.

February 3, 2022
6:30 – 8:00 PM

**Click here to
register**

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, MHC B Stepping Stones to Mental Health.**