

Community Education Service



Improving emotional health and well being

Promoting Resilience and Self-Regulation

Strong Mind Strong Kids programs by Psychology Canada - Promoting the mental well-being of children and youth in Canada

Susanne Harach-Vatne, Prof Development for Early Learning & Care Professionals, Educator Parenting Programs; Strong Minds Strong Kids PD Ed, ZYT TOT The Growing Brain - Birth to 5, ZYT TOT Critical Competencies for Infant & Toddler Educators, AHS TOT Psychological First Aid, Trauma Informed Care Provider Facilitator, Facilitator Families Matter

Will discuss tools & stress management strategies to help children learn to recognize and manage their stress and emotions. Will also speak to how to help children learn to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation.

Learn about stress from a child's point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.

Will focus on children 2-7 years.

**Wednesday May 4 2022
6:30-8:30pm**

This session will be offered through Zoom

**Click here to
register**

FREE

online event

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 & **Families Matter**.