

Community Education Service



Improving emotional health and well being

The Gift of Gratitude: Creating Gratitude Jars

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Viewpoints Facilitator

FREE LEARNING

Come join us to explore the
gift of gratitude!

Through extending appreciation to others we can build ourselves up at the same time. We'll work on some mental health hacks, and discuss some cheap and cheerful activities you can try out with the whole family!

September 21, 2022
6:30 PM – 8:00 PM

Registration Required



Closer to Home
COMMUNITY SERVICES

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and [Closer to Home Community Home](#).

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