

Community Education Service



Improving emotional health and well being

Earth Play – The Benefits of Outdoor Exploration

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They don't call them the great outdoors for nothing! Getting outside is great for both mental health and physical health! This session will provide individuals with information about the benefits of messy play, exploration, and adventure for supporting positive mental health and provide practical, age-appropriate ideas for kids to get outside, get moving, and get messy!

Oct 11, 2022
6:30-8:00pm

Click here to
register

FREE

online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Rocky View School Division & MHCB Stepping Stones to Mental Health.**