

Community Education Service



Improving emotional health and well being

Mindfulness: Supporting Your Child's Social and Emotional Learning

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Rocky View School Division & MHCB Stepping Stones to Mental Health**

Feeling a little blue and not particularly cheery this time of year? You're not alone. In this session you will learn about mindfulness and take away practical tools that will help brighten these cold days. This session will explore the topic of mindfulness and how mindfulness strategies can support your child's social and emotional well-being. Explore how the brain's stress responses may impact social and emotional well-being and how to use mindfulness to calm the brain. Using mindfulness can lead to better focus in school, better cooperation with others, improved self-awareness, self-regulation, decrease stress/anxiety, and improve overall well-being.

**January 10, 2023
1:00-3:00pm**

**Click here to
register
FREE
online event**

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