

Community Education Service



Improving emotional health and well being

Caregiver Self-Care and Co-Regulating with Your Child

Tashia Christie, BA Psychology
Kelvin Ganpatt, BA Psychology

The importance of self-care for caregivers, burnout, compassion fatigue, and helping children to practice self-care and regulate emotions.

January 24, 2023
10:00 AM - 12:00 PM

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](#).

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