

Community Education Service



Improving emotional health and well being

Transform your Stress: The Resilience Advantage (Part 2)

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Stress affects people physically, mentally, and emotionally. In the second workshop, we will review topics on decision-making and communication with the tools taught in part 1 with an introduction to another technique to enhance overall resilience.

Objectives

1. Discuss perception, decision-making, and communication skills
2. Talk about techniques to enhance your emotional resilience

April 26, 2023
6:00 PM- 8:00 PM

Click here to

Register

Free online event

There are two parts of this training and, to enroll in the second session, you must have completed part 1

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 in partnership with **Community Health Promotion Services (CHPS), AHS.**