

Community Education Service



Improving emotional health and well being

Parent-Child Attachment Foundations: Strategies for Building & Maintaining a Healthy Attachment with Your Child

Dr. Theanna Bischoff, R. Psych, Heartstrings Psychology

Are you looking for practical tools to build a healthy and strong attachment with your child? Dr. Bischoff will review what attachment actually is, including common misconceptions, and will guide parents through various theories of attachment. You will learn practical steps to take to build and maintain a healthy attachment with your child, as well as reflect on ways your own childhood and emotions can impact on the parent-child dynamic.

**Sept 18, 2023
6:30-8:30pm**

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 & **Heartstrings Psychology**.