

# Community Education Service



*Improving emotional health and well being*

## The Importance of Building Secure Attachments with your Child

Kayla Yuzdepski, a Family Champion Facilitator at the YW Family Resource Network

Come and learn about the importance of building a secure, healthy, balanced connection with your child.

This presentation will go over attachment styles, focusing on the importance of secure attachment. We will share strategies on how to build secure attachment with your child and open the floor for discussions and sharing of ideas.

**FREE SESSION**

**November 29 , 2023  
1:00 PM – 2:30 PM**

[Click here to Register](#)



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 [YW CALGARY](#).