

# Community Education Service



*Improving emotional health and well being*

## Can We Talk? Parenting and Sexual Health

**Diana Wark (She/Her)**, Parent Program Coordinator for Centre for Sexuality

**We provide workshops designed to increase parents' confidence and comfort in talking with their children about sexuality and relationships.**

Interactive activities and discussion help parents identify their family's values about sexuality and clarify how to communicate these to their children. Issues addressed include why you should talk with your child about sexuality; your child's physical, mental, emotional, and social development; how to give easy answers to tough questions; and where to find more information and support.



### FREE SESSION

October 3<sup>rd</sup> 2024  
11:00 AM – 1:00 PM

[Register HERE](#)



This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Recovery Alberta in partnership with [Calgary for Sexuality](#)