

Community Education Service



Improving emotional health and well being

Parenting with The Whole Family in Mind

Jenny Harrison, R. Psych, Perinatal Mental Health Specialist, Moss Post Partum House & Dr. Theanna Bischoff, R. Psych, Early Childhood Development Specialist, Heartstrings Psychology

Jenny and Dr. Bischoff join together to take a whole - family view on parenting - join us to discuss how parents can help their kids stay emotionally regulated and learn new skills, and also how parents can support their own mental health while doing one of the toughest jobs out there!

**Oct 9, 2024
6:30 pm - 8:30 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 Recovery Alberta and **Moss Post Partum House & Heartstrings Psychology**.