

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

Join us for an interactive workshop to learn how to navigate those sometimes awkward but essential conversations that foster well-being, healthy relationships and informed decision-making. We empower parents with knowledge, skills and confidence to engage in open, honest and supportive conversations about sexuality and sexual health with their children.

This session provides tools to clarify and talk about family values around sexuality and sexual health, explore the role of parents and schools in sexual health education and discuss the concept of sexuality holistically.



FREE SESSION

October 3rd 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](#)