

Community Education Service



Improving emotional health and well being

Can We Talk: Healthy Relationships

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.

In this workshop, we will describe and explore healthy, unhealthy and abusive relationship patterns. We will learn about effective communication and practice discussing topics related to romantic/intimate relationships in ways that are grounded in your values.



FREE SESSION

November 20th, 2024
1:00 PM – 3:00 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 Health Services in partnership with [Calgary for Sexuality](#)