

# Community Education Service



*Improving emotional health and wellbeing*

## Solution Focused Parenting

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Eckert Psychology and Education Centre

This workshop is about using solution focused therapy principles in parenting. In this workshop you will learn ways to communicate with your children that will harness their strengths, resources, and focus you and your child on positive solutions to handle everyday challenges.

**November 13, 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 Eckert Psychology & Education Centre.