

Community Education Service



Improving emotional health and wellbeing

Resiliency and You: Practices and Strategies to Build Resiliency

Eric Perrault, BEd, MA, EDD

Learn what resilience is and some strategies and practices for building resiliency in ourselves and others.

November 6, 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**.