

Community Education Service



Improving emotional health and well being

Managing Challenging Behaviours

Kayla Yuzdepski, a Family Champion Facilitator at the YW Family Resource Network

Everyone has intense emotions, the trick is being able to navigate them.

Through this presentation you will learn about the crisis cycle and how to intervene at a different moment to reduce the risk of an intense emotional outburst. You can use these strategies with anyone in your life, despite their age.

FREE SESSION

**February 24th, 2025
10:00 AM – 11:30 AM**

**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](#) and [YW CALGARY](#).