

Community Education Service



Improving emotional health and wellbeing

Managing Transitions

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

We are faced with many transitions throughout the day. These transitions can pose many challenges; how do we get children to move from watching tv to eating dinner, or how do we make leaving the house smoother?

In this presentation you will learn practical strategies, gain valuable insights, and strengthen family bonds as we embrace transitions together.



March 17th, 2024
10:00 AM – 11:30 AM

[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 [YW Calgary](#).