

# Community Education Service



*Improving emotional health and wellbeing*

## Insight and Guidance for Navigating Mental Health Support

Dr. Anita Ewan, PhD, RECE, CD, CBE

*Dr. Anita Ewan, PhD, RECE, CD, CBE, is pleased to offer a specialized workshop designed to support parents navigating the mental health system for their children.*

With over 15 years of experience working with children and families, as well as the perspective of a mother of seven, Dr. Ewan combines professional expertise with personal dedication to helping families access compassionate, effective care.

This workshop is crafted to give parents the confidence, knowledge, and tools they need to support their children's mental health, ensure their voices are heard, maintain autonomy, and advocate for a brighter future. The session aims to provide parents with accessible, sustainable, and effective advocacy skills. Dr. Ewan's hope is that each participant will leave with a greater sense of self-efficacy and a supportive community.



**February 18th, 2025**  
**5:00 PM – 7:00 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 **Kickstand**.