

Community Education Service



Improving emotional health and wellbeing

How Do We Figure Out What Consequences To Use?

Julie Freedman Smith BSc, BA, Owner JFS Parent Education

Julie will share:

- What works and what doesn't when it comes to consequences.
- Language that helps kids understand how to make positive choices.
- How to parent when too many consequences feel exhausting.
- Content will focus on children & youth 5-15 years of age.



JFS Parent Education
MENTAL HEALTH AND ADDICTION SERVICES

IN PERSON SESSION

April 3, 2025

6:30 pm - 8:30 pm

Location: Riverside School (K-9)
107 6a St NE, Calgary, AB T2E 7W8
(Free Parking Available)

Click [here](#) to register



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, JFS Parent Education & Riverside School**.