

# Community Education Service



*Improving emotional health and wellbeing*

## Parent Guilt

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CWPCPN

This presentation will provide the following:

- Define the experience of parent guilt according to research.
- Understand the risk and protective factors that influence the experience of parent guilt according to research
- Learn practical strategies to help address parent guilt.

**April 7, 2025**  
**6:00 pm - 8:00 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 **CWPCPN**.