

Community Education Service



Improving emotional health and wellbeing

Rooted in Relationships: Building Resilient Communities Through Natural Supports

Land Acknowledgement: Suzanne Crazy-Boy, Government of Alberta

Introductory Remarks: Dr. Rose Joudi, Carya

Presenters: Fabiha Chowdhury & Anna Finlayson, University of Alberta MPH Students

Panel: Eric Dizon (Action Dignity), Dulu Modi (Reach Edmonton), Dee Adekugbe (Ruth's House)

Panel Moderator: Meena Sangha, Recovery Alberta

This webinar will review:

- An understanding of what natural supports are and the important role they play in many Ethnocultural communities.
- Hearing from a panel of natural supports practitioners what natural supports mean in their lives and how they take a natural supports approach in their work.
- How people can step up and be a natural support to others and build their own natural supports network.

June 17, 2025
6:00 pm - 7:30 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 **The Natural Supports Leadership Table Ethnocultural Working Group**