

Community Education Service



Improving emotional health and wellbeing

Big Feelings, Calm Tools: Emotion Regulation Across Ages: Helping Children and Teens Build Calm and Resilience

Shannon Kelly, Registered Psychologist
[Creative Sky Psychology](#)

With Creative Sky Psychology, participants will gain an understanding of how emotion regulation develops in children and teens, and how parents and caregivers can best support each stage. Attendees will leave with practical strategies they can apply to help young people manage big feelings with confidence.

Participants will learn:

- The developmental differences in how children vs. teens regulate emotions
- Practical strategies for calming and co-regulating with children
- Autonomy-building tools to help teens take ownership of their coping skills
- How caregivers can model healthy emotional regulation at any age
- Simple, effective practices to strengthen emotional resilience at home

September 18th, 2025
12:00 PM – 1:30 PM

[Click here to register](#)

FREE



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PSYCHOLOGY

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 [Creative Sky Psychology](#).