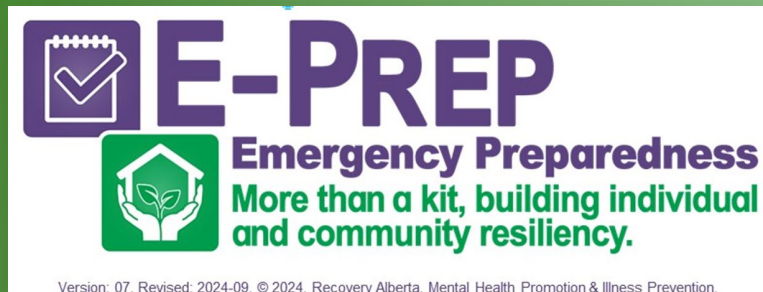


Community Education Service



Improving emotional health and wellbeing



Corinne Trout, M.Ed, BA(Soc), BA(ChSt), Community Education Service

Lindsay Cooke, BSc (Hons) in Clinical and Social Psychology, Community Education Service

The goals of this workshop are to help us feel more prepared and able to cope emotionally, socially, and physically if we are faced with a disaster or emergency.

November 26th, 2025
6:30 PM – 8:00 PM

[Click here to register](#)

FREE



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**.