

# Community Education Service



*Improving emotional health and wellbeing*



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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.

**January 21<sup>st</sup> , 2026**  
**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**.