

Community Education Service



Improving emotional health and wellbeing

Good-bye Sleepless Nights: Infant Sleep Training for Parents

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If you've spent hours Googling "why isn't my baby sleeping," join us for an evidence-based common approach to infant sleep. We'll help you navigate the challenges of infant sleep, leaving you with tools and strategies so you and your baby get restful sleep.

Dec 1st, 2025
1:00 pm - 2:30 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**.