

Community Education Service



Improving emotional health and wellbeing

Executive Functioning Essentials for Parents

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Executive Functioning (EF) refers to the behaviour management system of the brain. These cognitive processes tell us what to do, when to do it, and how well to do it. Individuals with Learning Disabilities and/or ADHD may experience increased difficulty in the development and use of these functions compared to their same-aged peers. When kids struggle to regulate their executive functioning it can result in lower grades, lack of motivation, school avoidance, social difficulties, anxiety and stress. But these “problem behaviours” are simply symptoms of unmet needs. Join Tanya to learn how difficulties with executive functioning could be causing problem behaviours and what you can do to help!

September 16th, 2026
1:00 PM – 3:00 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 **Avery Family and School Psychology Services**.