

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Sexual Health: How to Have Conversations at Home

Primary Care Alberta, Sexual & Reproductive Health, Calgary Zone

Wednesday Oct 21 2026

6:30 - 8:00

Parents, caregivers, and trusted adults – are you ready to talk with your children about bodies, relationships, and sexuality?

Join us for a session to help you feel more confident as your child's first and most important sexuality educator.

Topics include:

- **Why these conversations matter**
- **Tips for making talking easier**
- **Answering children's questions**
- **Resources and support**

It's never too early to start the conversation.

**Click here to
register**



Mental Health Collaborative | Recovery Alberta

ces@recoveryalberta.ca | <http://community.hmhc.ca> | 403 955 4730