

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

The Thinking Brain:

Building Executive Function, Self-Regulation & Independence

Creative Sky Psychology

Thursday Sept 24 2026
6:30 - 8:00 PM

Participants will learn:

- What executive functioning is, how it develops, and why it plays a critical role in learning, behaviour, and emotional wellbeing
- Why children and teens may struggle with planning, organization, attention, impulse control, and emotional regulation—and how caregivers can respond effectively
- Practical strategies to strengthen executive functioning skills through everyday routines, play, and problem-solving opportunities
- How to reduce power struggles by coaching independence instead of relying on reminders, rewards, or consequences
- Simple, evidence-based approaches that build self-regulation, flexible thinking, and confidence while supporting long-term independence

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