

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

School Avoidance and Sleep Hygiene:

Working towards improving attendance and
communication with your child

Jory McMillan, Clinical Supervisor of Walk In Services at the Summit

Wednesday Oct 28 2026

6:30 - 8:30 PM



Sir John A. Macdonald School - 6600 4 St NW, Calgary

IN PERSON SESSION ONLY

An interactive presentation for the parents/caregivers
of children 7-18.

The barriers to children getting good sleep are
examined and parents/caregivers are provided
with ways to support their children in getting a good
night's rest.

**Click here to
register**



Mental Health Collaborative | Recovery Alberta

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