Recovery Alberta

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 Dec 2 2026
6:30 - 8:00 PM

This presentation is intended for parents and caregivers of children and youth ages 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

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