

Community Education Service



Improving emotional health and well being

A Parents' Guide to Tackling Stress, Anxiety, and Mood: Using CBT Skills to Support Your Children and Yourself

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Cognitive-behavioural therapy is a well-established way of reducing anxiety, stress, and low mood in adolescents and adults. In this workshop, you'll learn how to implement practical CBT strategies to support your children and teens in managing their thoughts, feelings, and behaviours. Tools to support parent well-being will also be included in this presentation. By the end you should feel you have strategies that will help you help your kids!

Wednesday March 10 2021
6:30 - 8pm

**Click here to
register**
FREE
online event

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and the **University of Calgary Werklund School of Education**