

## Community Education Service



*Improving emotional health and well being*

# Habits of Mental Health

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Everyone has mental health which is equally important as physical health. Just like physical health, we need proper supports, strategies, and healthy coping habits to maintain an optimal wellbeing. In this webinar we will go through various ways to facilitate positive mental wellbeing as well as the many benefits of positive mental health.

## FREE LEARNING

**June 8, 2021**

**1:00 PM – 3:00 PM**

**Registration Required**



This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Closer to Home Community Home**.

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