

Community Education Service



Improving emotional health and well being

Earth Play: The Benefits of Outdoor Exploration

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They don't call them the great outdoors for nothing! Getting outside is great for both mental health and physical health! This session will provide individuals with information about the benefits of risky play, exploration, and adventure for supporting positive mental health. You will leave this session with practical, age-appropriate ideas to get outside, get moving, and get messy as a family.

March 25, 2022
1:00-2:30pm

Click here to
register

FREE

online event

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 & **RVS, MHC B Stepping Stones to Mental Health.**