

CES Newsletter **April 2026**

CES offers free, reliable information to help parents and caregivers support children/youth development and mental health. Our expert speakers share practical, evidence-based tips and strategies you can trust.

APRIL Online Webinars

Topics include talking to children about sexual health, navigating technology and screen use, supporting emotional regulation and problem solving, understanding the impacts of social media, strengthening parent-child relationships, and strategies for supporting children with ADHD.

Upcoming Webinars



click here

FREE

Not always recorded and may not include handouts

Certificates will be sent within 5 days

Missed a live presentation ?

A selection of our past webinars is available to watch on our YouTube channel



Resource Links

Recovery Alberta

Mental Health Collaborative

Access Mental Health

Participate in Research



Have an idea for a topic?

ces@recoveryalberta.ca

<https://community.hmhc.ca/>

403-955-4730



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