

CES Newsletter **May 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.

May Zoom Webinars

Our May lineup offers supportive sessions for anyone navigating youth mental health and development. Topics include self-care and hygiene for neurodivergent youth, EF strategies, building resilience in teens, understanding depression, and supporting children and teens with ADHD. Join us to gain tools, insights, and confidence in supporting your child.

Upcoming Webinars

FREE

click here



Not always recorded
or have 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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