

Community Education Service



Improving emotional health and well being

Helping Our Children & Youth Cope

Panelists:

Kathy Jarrell, Lead - Alberta School Mental Health Literacy Project, AHS

Brian Madill, Coordinator of Student Services - Red Deer Public Schools

Jodie Mattia, Director of Support Services - Wetaskiwin Regional Public Schools

Let's boost the resiliency of our children and our families!

Has the current pandemic affected our mental health?

What can we believe?

Should we be worried?

Mental health is an essential component of personal well-being. Join our panelists as they discuss coping skills, balance and resiliency which can serve us well through the COVID-19 pandemic and beyond. Their insights and tips will support both your and your child's mental health and overall well-being.

Prior to the session, please send questions you would like addressed to

ces@ahs.ca

Tuesday December 1 2020

6:30 – 7:30 pm

Register here