

Community Education Service



Improving emotional health and well being

A Pocket Guide to Supporting Young Adults with Mental Health Concerns

Presenter: Cindy Gerdes, MN, President of Lifeboat Family Skills & Peer Facilitator

In this session participants will be introduced to six guiding principles that provide a new perspective on situations arising with their loved ones and create more options for responding effectively.

**Register
HERE**

November 7, 2023
6:30 PM



LIFEBOAT FAMILY SKILLS
WORRY LESS. CREATE CALM. FIND HOPE



kickstand

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with Lifeboat Family Skill and Kickstand.

CES@ahs.ca <http://community.hmhc.ca/>

<https://community.hmhc.ca/sessions/files/2023-10-16-17-16-37-Nov-7-Mental-Health.pdf>

"Go, Tigers!"