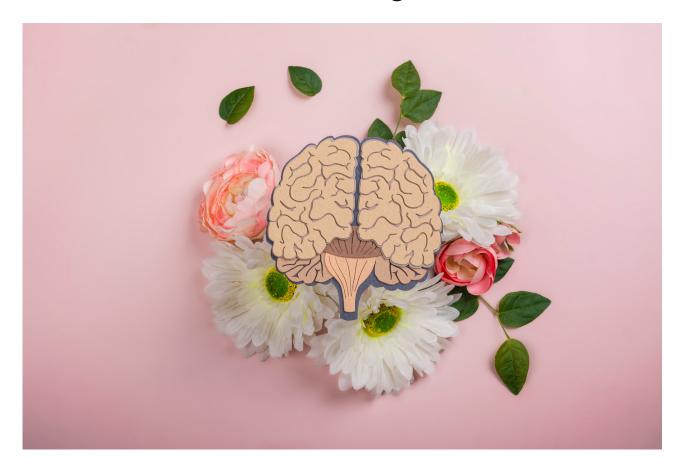# Maintaining Wellness after In-Patient Mental Health Care

January 26, 2024
10:00-11:30am MST

Join us for an insightful presentation tailored for Indigenous adults and caregivers in Alberta, focusing on maintaining psychological wellness after in-patient care. Explore the intricacies of inpatient care, understand the critical importance of aftercare, discover practical strategies for maintaining your psychological wellness, and learn where to find crucial support within culturally sensitive frameworks. This session aims to empower individuals and caregivers with knowledge that transcends conventional aftercare, offering a holistic approach rooted in understanding, resilience, and community support.

Learning Outcomes:

- What is inpatient care?
- Why aftercare matters
- How you can maintain your wellness
- Where you can find support

Speakers:

Silvia Eleftheriou, MEd, RPsych, Deep Sea Psychology, Clinical Director; Silvia is a registered psychologist in Alberta and BC with experience engaging in community and counselling support with Indigenous children, teens, and families in amiskwaciwâskahikan (Edmonton), Treaty 6 territory, and currently living in Quw'utsun (Cowichan), unceded Coast Salish territory. As the clinical director of Deep Sea Psychology, Silvia supports a team of psychologists who provide counselling services to Indigenous adults, teens, and children by video-call, for example, through the First Nations Health Authority (FNHA) and Non-Insured Health Benefits (NIHB) Mental Health Counselling Programs.

deep sea PSYCHOLOGY INC.

Target Audience: Adults or caregivers of those who have been or are currently involved with inpatient care in Alberta

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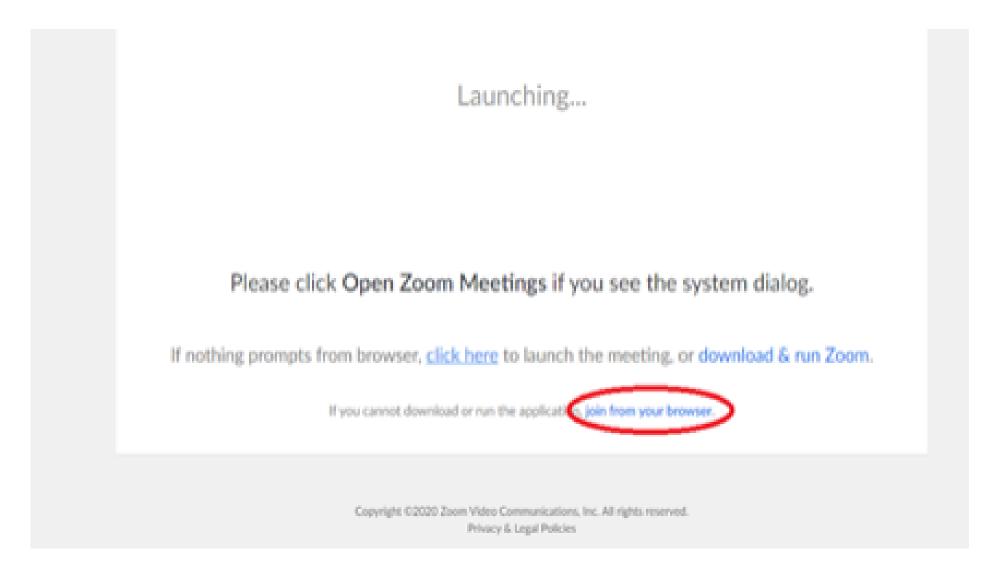1.888.999.3356
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