

Parenting Strategies that Promote Positive Mental Health and Build Resiliency in Elementary Age Children

Ohpekinowasowin / "Child Development" Learning Series

September 23rd, 2020 10:30-12:00

Learning Objectives:

- Understanding Mental Health
- The Mental Health Bank Account
- Strategies
- Resources



Speakers:

Renata Logan, is a Registered Psychologist who has been serving individuals, couples and families of the Edmonton area for the past 15 years. She has a M.Sc. in Marital & Family Therapy and bases much of her work in a holistic frame - believing that the source for healing or lasting change is rooted in the mind-body-spirit triad, as well as the family-community connection. Her intention as a clinical educator and psychotherapist is to assist persons of all ages and histories in finding a pathway towards improved daily life contentment and well-being.

Cathy Mercier, is an Educator with Children, Youth, and Families - Addiction and Mental Health. To this team, Cathy brings experience in working in a variety of social service roles in community agencies that support children, youth, and families, specifically in the areas of mental health, addictions, homelessness, poverty, child protection, and trauma.

Please contact
Darcy Jagodzinsky for
additional information at
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Target Audience
All are welcome



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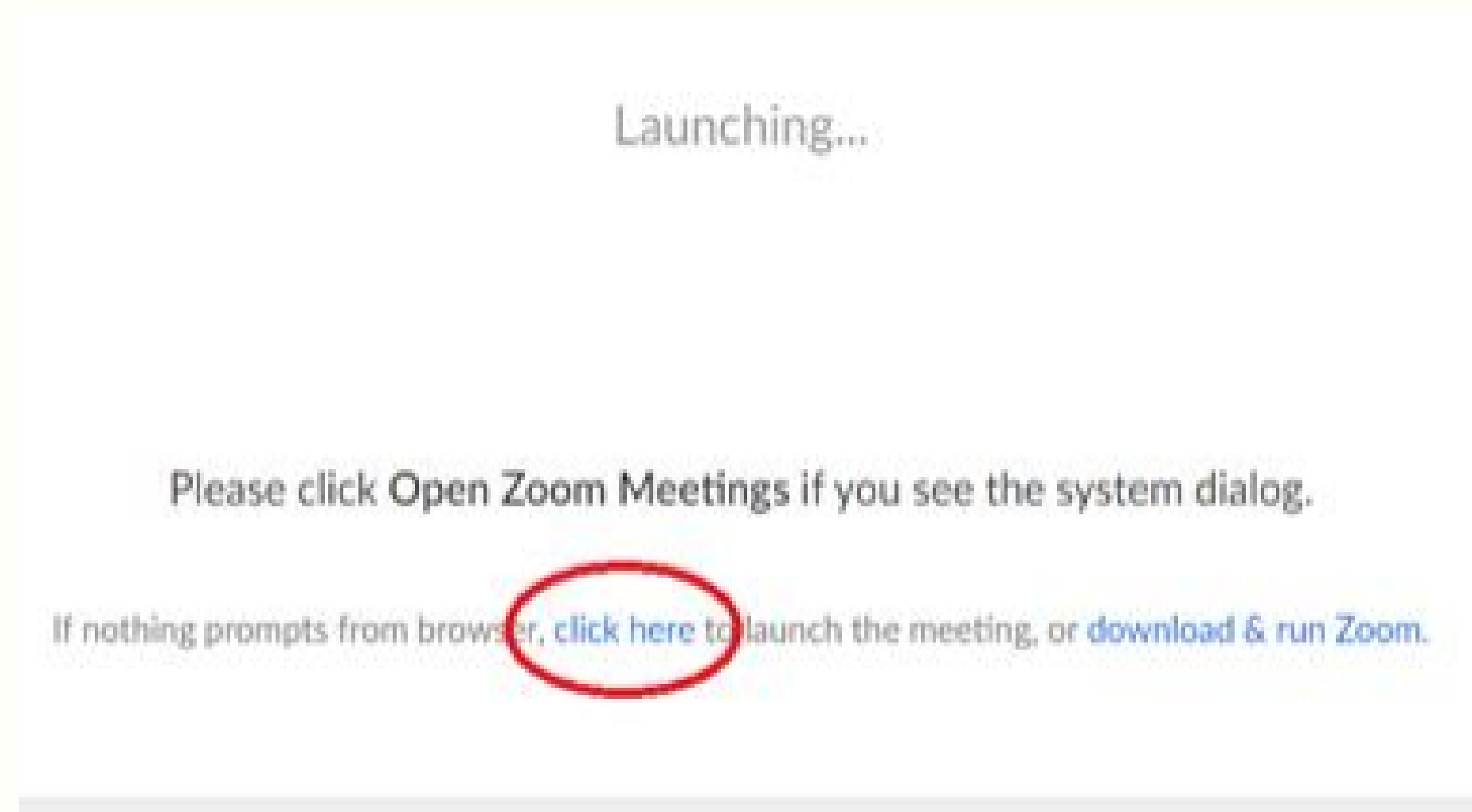
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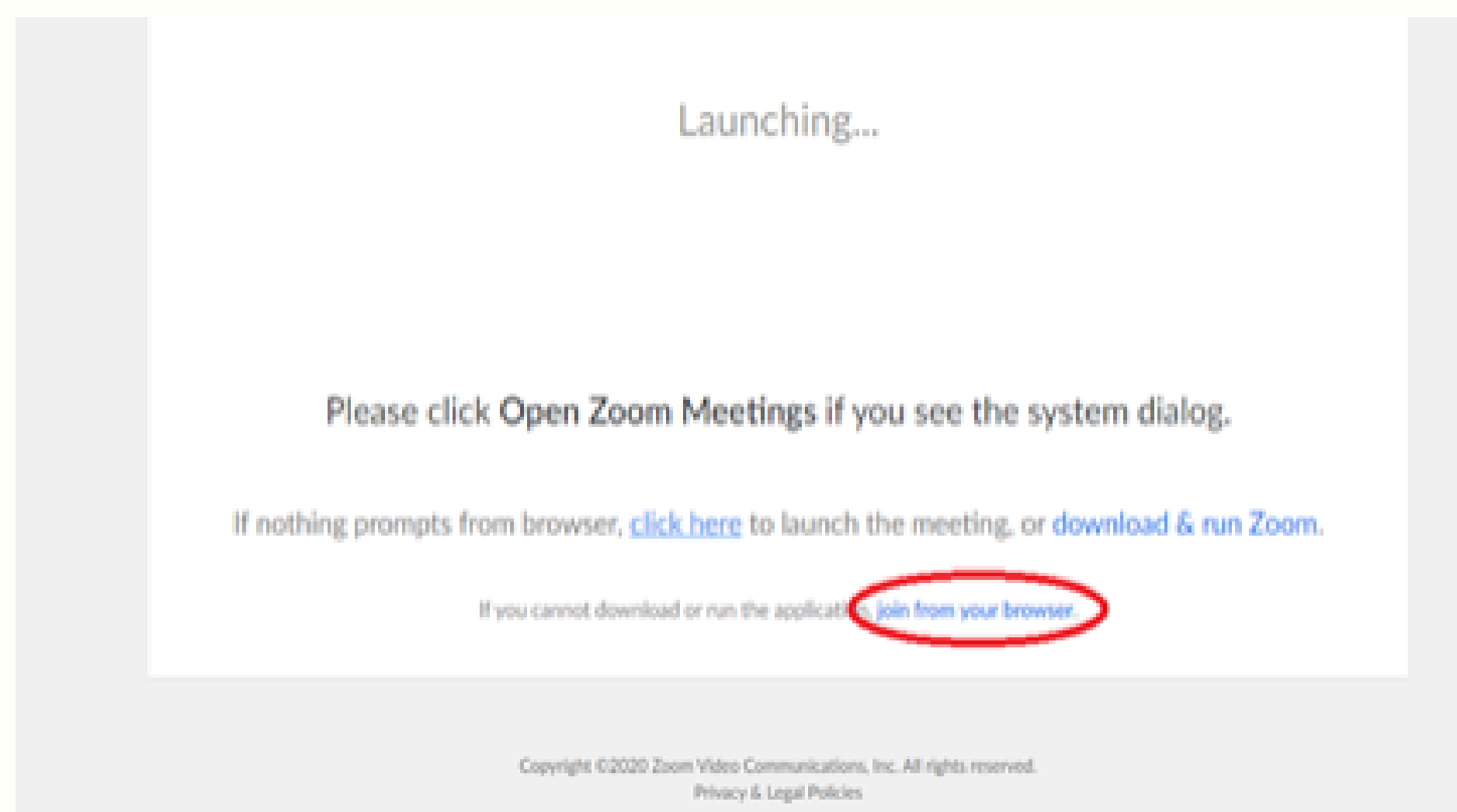
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