Sleep and Children's Mental Wellness

Ohpekinowasowin / "Child Development" Learning Series

November 25th, 2020
10:30-12:00

Learning Objectives:

- The importance of sleep
- Why we need sleep quantity and quality
- Factors that affect sleep
- Sleep hygiene strategies
- Technology and sleep
- 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.

Rod Snaterse is an Educator with Alberta Health Services who brings to the role 23 years' experience as a public school teacher along with a Master of Education with a specialization in adult and community education. Rod has instructed at The King's University on the topic of mental health literacy, and has supported the development of a Day Hospital Classroom and Summer Transitional Programming for students with mental health concerns.

Target Audience
All are welcome

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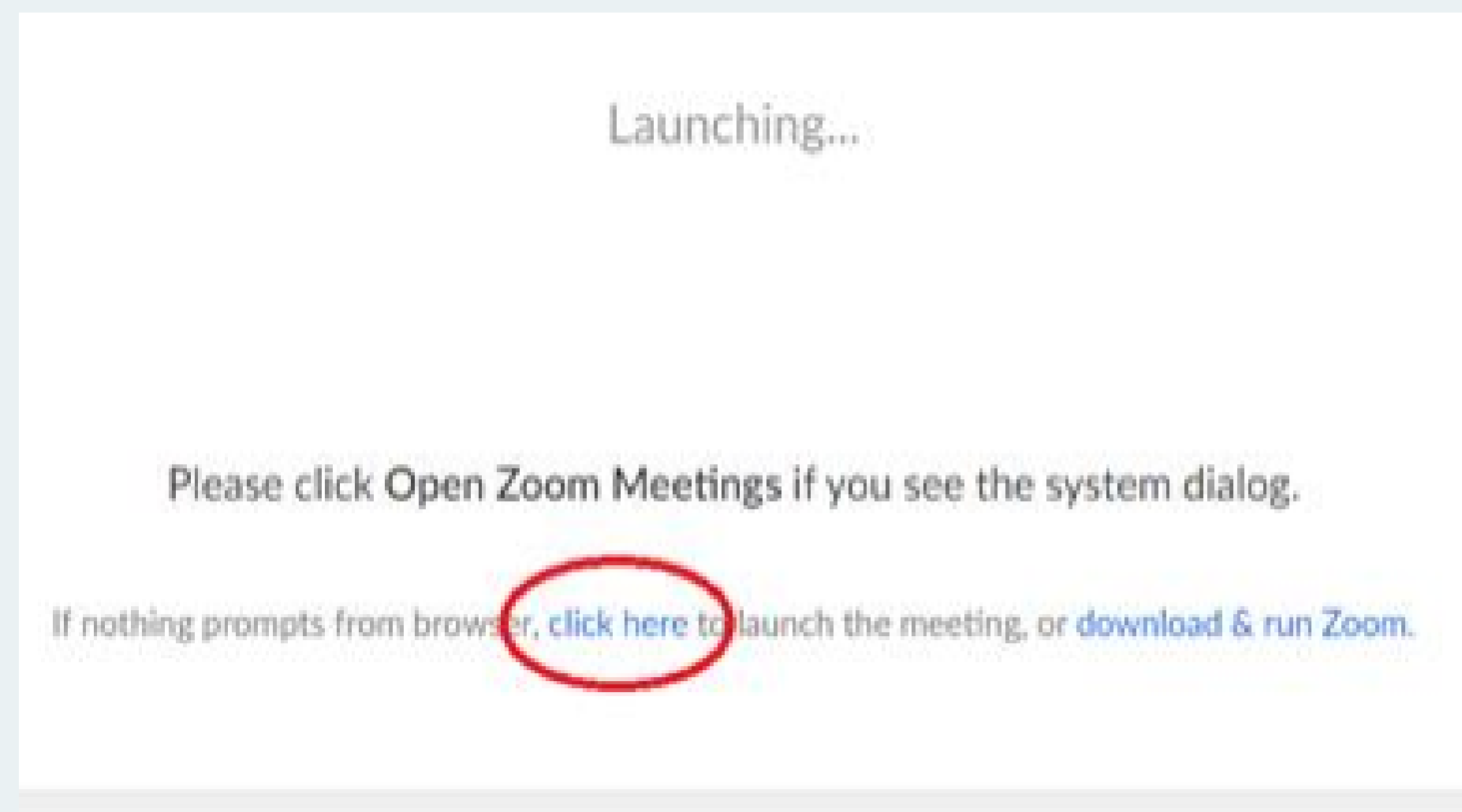
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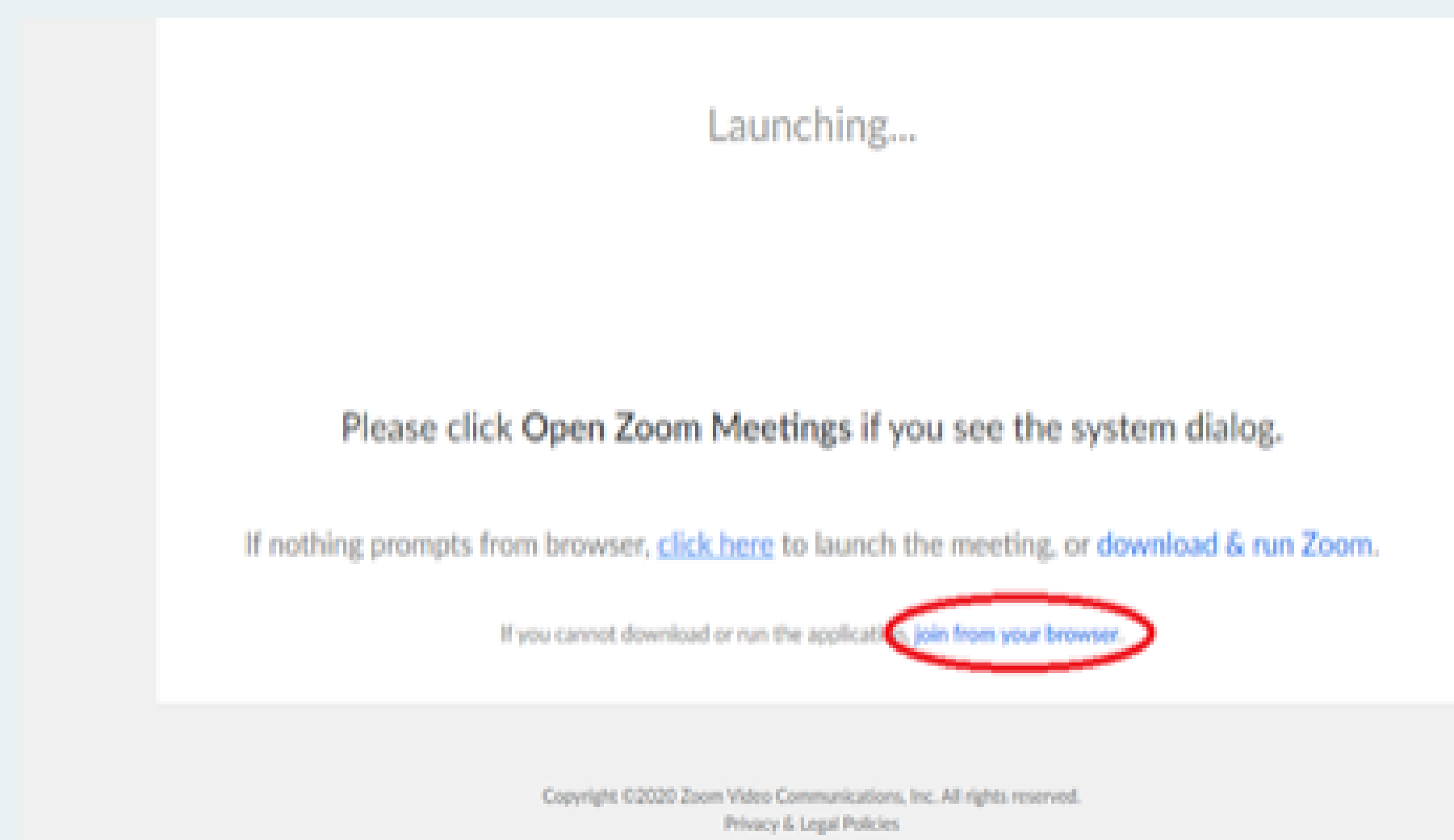
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