



St. Albert Further Education

Registration opens August 19, 2020

at www.stalbertfurthered.com

or call 780-460-2207.

Returning to School: Supporting Your Children's (and Your Own!) Mental Health & Well-being

With re-entry to schools planned for the fall, many parents are wondering how best to support their children and manage their own concerns. This 3 session series is designed to help parents:

- learn more about mental health and brain development
- distinguish between typical worries, stress and anxiety and develop skills to more effectively cope with each
- create a sense of safety, calm and security for their children and themselves
- learn tips and strategies to develop and maintain positive mental health and well-being

*Please note that these sessions are not therapy and are not intended to replace the individual support of a psychologist or other mental health provider.

\$75/person or \$80/couple

Please call if financial assistance is required.

Instructor: Bev Baker-Hofmann

In Person:

Tuesdays, Sep 15, 22, 29

9:30-11am

Location: St. Albert Further Education, #107, 80 McKenney Ave

OR

OnLine:

Tuesdays, Sep 15, 22, 29

7-8:30pm

Link will be sent after registration.



Bev Baker-Hofmann is a Registered Psychologist with extensive experience in supporting the positive mental health and wellbeing of children, families, educators and system leaders. With a curiosity for exploring new pathways, Bev has worked in schools and school systems as a teacher, counsellor, consultant, coach, district office leader and interchange at Alberta Education. Bev has now returned to private practice in St. Albert, the community in which she has lived in for more than 30 years.