



**Calgary Board  
of Education**

The Community Education Service, in proud partnership with the Calgary Board of Education, welcomes you to the:

# Child & Youth Well-Being Family & Caregiver Series

Oct 6 – Digital Dilemma: The Impact of Screens, Social Media and Gaming on Youth

Oct 7 – Is your Child Struggling at School? It May Be Time for a Psychological Assessment

Oct 8 – Level Up: Exploring the Impact of Gaming and Technology on Adolescents

Oct 15 – Mental Health & Youth

Oct 20 – Cyber Safety

Oct 21 – ADHD is Awesome!

Oct 22 – Executive Functioning Essentials for Parents

Oct 22 – Vaping: What's Really Going On?

Oct 29 – Stressed but Strong, Anxious but Awesome: Understanding your child's worries through a strength-based lens

Oct 30 – Navigating the Pressure to Perform: Benefits of Well-Being Centered Identity Development for Children and Teens

**FREE webinars**

Register by  
clicking the  
course title

These sessions are presented by experts within **Recovery Alberta** and the Calgary community, the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP), in partnership with the **Calgary Board of Education (CBE)**