

## Family Enrichment Series Four October Evenings For Parents and Caregivers



free mini-educational workshops  
focusing on family mental health and wellness



The Family Enrichment Program at Catholic Social Services and Canadian Mental Health Association in Red Deer partner in offering free mini-educational workshops throughout the year. The CMHA workshops focus on family mental health and wellness and are open to all parents or caregivers of children ages 3 to 17.

**October 4, 6-8pm: Self-Care for Parents and Caregivers**

**October 11, 6-8pm: Talking to Children About Mental Illness**

**October 18, 6-8pm: Helping Children Under 12 Make Good Decisions**

**October 25, 6-8pm: Risky Behaviour in Youth**

You can register for each of the individual topics or for the whole series by calling CMHA at 403-342-2266.

Please arrive a few minutes early as the doors to the building close at 6 PM. If you happen to arrive a few minutes late, a smiling CMHA volunteer will let you in.

**The workshops will take place at the CMHA Learning Annex, in downtown Red Deer, on Wednesday evenings from 6:00 pm to 8:00 pm.**



**The CMHA Learning Annex**  
First Red Deer Place  
4911 – 51 Street, Suite 400  
Red Deer, AB T4N 6V4



Canadian Mental  
Health Association  
Central Alberta

