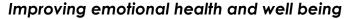


Community Education Service







Help! My Child is Struggling

How to Navigate Children's Mental Health in Calgary and Surrounding Areas

Elise Valeriote MSW, RSW
Access Mental Health, Alberta Health Services

This presentation will discuss:

- Early warning signs your child and or adolescent may be struggling with their mental health and when to seek help.
- Common questions parents have about accessing mental health and addiction supports for their child.
- Access Mental Health and their centralized intake to AHS programs.
 What to expect when calling for help and how to access services.
- Different programs Access Mental Health can refer to and the most common community resources parents can find helpful.

Wednesday, May 22, 2024 6:30 pm – 8:00pm

Location: The Summit - Marian & Jim Sinneave Centre for Youth Resilience

1015 - 17 Street NW, Calgary

Free in-person event!

Please email <u>CES@ahs.ca</u> to register

Free Street Parking available



This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with Access Mental Health and The Summit.