



Calm Kids, Happy Families

To register call **403-686-9300 ext.102**
Email intake@canlearnsociety.ca

Our team has been working hard to find a way to deliver the Calm Kids, Happy Families program during this difficult time. We are happy to announce that we will be moving to an online platform!

Do you have a child who has a hard time managing their emotions or calming down when angry? Do you ever find yourself wondering how you can help?

This program is designed for parents and can help any child experiencing social problems, behavioral challenges, anxiety, depression, as well as those with attention deficit disorders or who are on the autism spectrum.

Parents will have an opportunity to learn skills and strategies to help children:

- Identify and manage their emotions
- Cope with stress
- Challenge negative thinking
- Communicate in positive ways
- Work together to solve problems
- Use technology safely

Parents will learn tips for building and strengthening relationships with their child and other family members. Weekly activity suggestions to reinforce concepts will be provided.

This will be an exciting opportunity for parents to grow, learn, and connect with other parents!

Please note this is a parent-focused group, facilitated through a secure web-based video conferencing program.

Dates and Times

Duration: 6 weeks

Check for dates on our website.

Facilitated by Jezz Stone, MSc., Prov. Psych.

Registration

This is a fee for service program.

Financial assistance may be available to those who qualify.

Program fees can be claimed as psychological fees on most health insurance benefit packages or extended health care plans. Check with your insurance provider.

This program may qualify for Family Support for Children with Disabilities (FSCD) funding.
<https://www.alberta.ca/fscd.aspx>

www.canlearnsociety.ca

Don't Know
Where to
Start?

Have Questions
About ADHD
or Learning
Difficulties?

We can help...
Our Vision
is Unlocking
Potential so All
Can Learn!

Since 1979 –
*You can trust
our experience*

We see life
changing results
everyday and
can help you
achieve learning
success

"As a former special educator and parent of a special needs learner, I've witnessed first hand the incredible transformation that occurs once kids get the support they need."

CanLearn Client