

# Mental Health Education Sessions

Recovery Alberta is proud to offer free programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about mental health topics.



- Free Virtual Sessions
- Practical Strategies
- Informative and Interactive



Scan to View Upcoming Sessions



Sessions on  
Understanding  
Anxiety and  
Depression

Additional  
Topics Every  
Month

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)



Reduce Stigma. Receive Information. Reflect on Strategies.