

## **Caregiver Education Series**

The Division, in partnership with Alberta Health Services and Elk Island Catholic Schools, is hosting a series of caregiver information sessions focused on ways to support students' mental health. The sessions are free and geared toward parents, caregivers, teachers and community members who want to learn more about challenges impacting children and adolescents. This year, session topics include anxiety, ADHD, depression, self-harm, technology, teens and teaching leadership skills, and more.

Visit the Division calendar to see all scheduled caregiver sessions.