

# Community Education Service



*Improving emotional health and well being*

## Understanding Influences: Family Conflict & the Developing Brain

Chelsea Godschid, BSW

Strengthening Families Facilitator, YW Calgary

Separation, divorce, and family restructuring can bring about a variety of different changes and challenges for both children and their families. Participants in this workshop will learn more about recognizing and understanding children's needs and emotions during difficult times.

Additionally, participants will recognize positive conflict management skills to support their children through difficult times.

**Oct 4, 2023  
6:30-7:30pm**

Click here to  
register **FREE** online  
event

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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 & **YW Calgary**.