

Community Education Service



Improving emotional health and well being

Avoiding Power Struggles

Jan McInnis RSW, Families Matter

Power struggles are a natural and normal part of a child's development as they explore their autonomy and independence. Children learn many skills from parents who handle power struggles with positive actions. This can be very challenging for parents, however, especially when working with children who are beginning to discover their world.

Oct 16, 2023
6:30-8:30pm

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online event

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AHSFamilies2023
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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 & **Families Matter**.