

# Community Education Service



*Improving emotional health and well being*



## Help! My Child is Struggling

### How to Navigate Children's Mental Health in Calgary and Surrounding Areas

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Access Mental Health, Alberta Health Services

This presentation will discuss:

- Early warning signs your child and or adolescent may be struggling with their mental health and when to seek help.
- Common questions parents have about accessing mental health and addiction supports for their child.
- Access Mental Health and their centralized intake to AHS programs. What to expect when calling for help and how to access services.
- Different programs Access Mental Health can refer to and the most common community resources parents can find helpful.

**Wednesday, May 22, 2024**  
**6:30 pm – 8:00pm**

**Location: The Summit - Marian & Jim  
Sinneave Centre for Youth Resilience**

**1015 - 17 Street NW, Calgary**

**Free in-person event!**

Please email [CES@ahs.ca](mailto:CES@ahs.ca) to register

**\*Free Street Parking available\***



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 in partnership with [Access Mental Health](#) and [The Summit](#).