

Community Education Service



Improving emotional health and wellbeing

Buried In Treasures: helping kids manage when their stuff becomes too much

Heather Ansari, Registered Provisional Psychologist, Family Counsellor, Carya

This presentation will review:

- **Increased Awareness:** Learn how clutter and excessive possessions can impact children's mental health, as well as how our own beliefs about belongings and values influence children's attachments to objects.
- **Recognizing the Signs:** Gain an understanding of the signs that a child is overwhelmed by their belongings.
- **Promoting Healthy Habits:** Acquire knowledge around how to foster long-term habits and skills in children that encourage healthy relationships with 'stuff'.

June 25, 2025
6:30 pm - 8:30 pm

Click here to register

FREE

online event



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and Carya.