

Community Education Service



Improving emotional health and wellbeing

Brave Minds, Flexible Futures : **Emotion Regulation Across Ages: Helping Children** **and Teens Build Calm and Resilience**

Shannon Kelly, Registered Psychologist
Creative Sky Psychology

With Creative Sky Psychology, participants will explore how problem-solving and resilience develop across childhood and adolescence and how parents can nurture these skills through everyday moments. You will leave feeling equipped with creative, evidence-based strategies to help your child handle challenges with calm, confidence, and flexibility.

Participants will learn:

- How children and teens think through problems differently — and why it matters
- The link between frustration tolerance, emotional safety, and real-world resilience
- Coaching language that builds problem-solving confidence (without rescuing!)
- How to help kids recover from mistakes and try again
- Simple family routines that strengthen adaptability and optimism

November 27th, 2025
6:30 PM – 8:00 PM

Click here to register

FREE



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PSYCHOLOGY

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 **Creative Sky Psychology**.