

Community Education Service



Improving emotional health and wellbeing

Strong From Within :

Fostering Confidence and Self-Esteem in Children and Teens

Shannon Kelly, Registered Psychologist
Creative Sky Psychology

With Creative Sky Psychology, parents and caregivers will learn how confidence and self-esteem take root — and what helps them grow. You'll discover practical, encouraging ways to support your child's sense of self-worth, competence, and courage in today's world.

Participants will learn:

- How confidence develops differently at each age and stage
- Common parent pitfalls that accidentally undermine self-esteem
- Practical ways to replace praise with encouragement that sticks
- Tools for helping kids manage self-doubt, comparison, and perfectionism
- How to model self-kindness and confidence in everyday life

December 3rd, 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**.