

Community Education Service



Improving emotional health and wellbeing

Can We Talk: Sex Ed for Parents

Diana Wark (She/Her), Parent Program Coordinator for Centre for Sexuality

Join us for an interactive workshop to learn how to navigate those sometimes awkward but essential conversations that foster well-being, healthy relationships and informed decision-making. We empower parents with knowledge, skills and confidence to engage in open, honest and supportive conversations about sexuality and sexual health with their children.

This session we will explore puberty including the physical and emotional changes. We will examine how to support young people during puberty and gain tools to discuss sexuality and learn tools for decision making with teens.

April 9th , 2026
10:00 AM – 12:00 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 [Centre for Sexuality](#)