

CFMHN Webinar Series

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Monthly Webinar Series

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Promoting Positive Mental Health in Children and Youth through Caregiver Education

Stephanie McConnell, RN
Health Educator at Alberta Health Services

Thursday, September 17, 2020 at 7:00 pm - 8:00 pm E.S.T.



Stephanie McConnell is Registered Nurse who has dedicated her career to children's mental health. Currently, Stephanie works as an Educator for Alberta Health Services where she shares her knowledge with caregivers to increase awareness and understanding and promote positive mental health for children, adolescents, and families.

In this sessions, participants will:

- Learn about how the Education Team provides family-centered education and support to parents and caregivers, including how services have grown and changed in response to the recent pandemic
- Identify key messages and strategies to support caregivers in promoting positive mental health in children, youth, and families.
- Discuss considerations when planning and providing education sessions to caregivers.

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