



EDUCATIONAL WORKSHOP SERIES

Self-Compassion: Re-filling your emotional cup

February 3 | 12 noon - 1 p.m.

Self-compassion can improve our mental health and well-being, quality of life, and relationships. Join us to learn simple ways to care for yourself and practice self-compassion.

Presented by: Strathcona County Mental Health Capacity Building and Social Supports Team

Cyberworld: What happens when youth press send?

February 9 | 12 noon - 1 p.m.

Join us to learn about popular websites, games, and apps commonly used by children and youth. We will discuss legal consequences and the potential dangers online as well as helpful tips to start a conversation with children and youth.

Presented by: SAFFRON Centre

Creating safer spaces for 2SLGBTQ+ people

February 23 | 12 noon - 1 p.m.

What makes a space safe and how can we help make them safer? Learn why safer spaces are so important for 2SLGBTQ+ people and what simple steps we can all take to demonstrate our allyship.

Presented by: The altView Foundation

Register: strathcona.ca/adultlearning