



Words Matter: Let's Talk About Mental Health

**SAVE THE DATE: January 26, 2022
6:30 p.m. - 7:30 p.m.**

An evening for parents and caregivers! Join us as we aim to increase awareness and reduce stigma of the mental health challenges that children and adolescents face, share evidence-based mental health information, and provide strategies to support mental wellness.

Live stream link will be shared at a later date.



Guest Speaker: Katherine Jarrell

Katherine Jarrell MSW, RSW, has been with Alberta Health Services in a mental health capacity building role since 2013, serving as an Education Consultant and Clinical Consultant to support rural educators, physicians, clinicians and other direct service providers in their work with children and youth. She currently serves on the Alberta School Mental Health Literacy Project.