



# Let's Make it Simple: Parenting Strategies to Support Positive Mental Health



In the wonderful and wild world of raising children, sometimes we wonder why they don't come with an instruction manual! Join us to discuss tools and strategies that can help promote positive mental health and foster resilience in our children and teens.

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

*Watch the session live on STAR Catholic's YouTube channel.*

## **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.

