



2020 wellness matters

FREE MENTAL HEALTH TALKS IN ST. ALBERT

End your day with a coffee and treat, while learning more about how you can improve your mental, emotional and spiritual wellness. Presenters belong to the Rivers Edge Counselling Centre team.

JANUARY 16 | 7:00 PM

Renée Dangerfield

Creative approaches to coping with anxiety and/or stress

90 min workshop

FEBRUARY 6 | 7:00 PM

Adam Sartore

Caring for the Caregiver: wellness strategies and burnout prevention

90 min workshop

FEBRUARY 20 | 7:00 PM

Shaheen Alarakhia

Managing Climate Anxiety

60 min talk

MARCH 5 | 7:00 PM

Rebecca Arthurs

Talking to Kids About Mental Health

60 min talk

MARCH 19 | 7:00 PM

Selena Arcovio

Ecotherapy: using nature for healing

60 min talk

APRIL 9 | 7:00 PM

Britni Voshell

Strategies to identify a prevent burnout among young athletes

60 min talk

APRIL 23 | 7:00 PM

Audrey Stevenson

Signs and Symptoms of Childhood Anxiety

60 min talk

MAY 7 | 7:00 PM

Katherine Henderson

Positive Psychology and the Pursuit of Happiness

60 min workshop

MAY 21 | 7:00 PM

Kjariene Seymour

The Power of Sleep: the impact of sleep on your mental health

60 min talk

JUNE 4 | 7:00 PM

Christine Crocker

Finding our Path: pre-teen sexuality for parents

60 min talk

SEPTEMBER 17 | 7:00 PM

Danielle Moody

Mental Health in First Responder Populations

60 min talk

OCTOBER 8 | 7:00 PM

Charlene Remenda-Madra

Trauma and how to restore goodness in the body

90 min workshop

OCTOBER 22 | 7:00 PM

Nicholas Renaud

Understanding and Managing Screen Addiction

60 min talk

NOVEMBER 26 | 7:00 PM

Ramona Kotke-Gapp

Living Well with Depression

workshop

DECEMBER 3 | 7:00 PM

Marti Lysek-Behiels

Mindfulness and Emotions

90 min workshop