

## Healthy Minds Healthy Children Outreach Services

is pleased to offer the following in-services on  
Child and Youth Mental Health to Professionals working with children and adolescents  
To book an in-service or for more information phone 403-955-8446

- ✧ Anger Management
- ✧ Anxiety
- ✧ Asperger's
- ✧ Attachment Disorder
- ✧ Attention Deficit Hyperactivity Disorder
- ✧ Autism
- ✧ Avoiding power struggles (for teachers/daycare providers)
- ✧ Behavioural Disorders and strategies to help
- ✧ Bullying
- ✧ Children in Crisis
- ✧ Childhood Mental Health Concerns: Should I be worried?
- ✧ Cognitive Behavioural Therapy
- ✧ Collaborative Problem Solving
- ✧ Conduct Disorder
- ✧ Coping Strategies
- ✧ Depression
- ✧ Eating Disorders
- ✧ Fetal Alcohol Spectrum Disorder
- ✧ Grief and Loss
- ✧ How to Help Parents Parent their Child
- ✧ How to Help Parents Parent their Teen
- ✧ How to use Tele-health for consultation purposes
- ✧ Inhalant Abuse
- ✧ Post Traumatic Stress Disorder
- ✧ Play Therapy
- ✧ Self-Esteem
- ✧ Self Harm
- ✧ Sleep Problems
- ✧ Suicide or Suicide in Young Children
- ✧ Trauma
- ✧ Topics related to Addiction and Substances of Abuse
- ✧ What are the Child and Adolescent Mental Health programs available at AHS?
- ✧ Workplace Wellness/Stress Management
- ✧ Customized Topics