



# Free online resources

Child and youth development

## Supports for parents and caregivers

Our resources are developed and delivered by healthcare professionals.

### Live webinars

- Taking care of the caregiver  
Learn to recognize signs of fatigue, and how to care for yourself.
- Self-care break for your busy life  
Learn effective ways to reduce stress and increase wellness.
  - Awareness
  - Gratitude
  - Acceptance
  - Compassion
- Your child's diagnosis: Where to begin  
Learn tools for working with healthcare providers, community supports and for understanding feelings related to the diagnosis.

Visit [Support for parents and caregivers](#)

[ahs.ca/pedrehab](https://ahs.ca/pedrehab)

