

Community Education Service



Improving emotional health and well being

Back to Baseline: Buoying Your Adolescent during Choppy Waters

Denise Champion (Psychology BSc, MSc) is an experienced Crisis Counsellor with the Community Resource Team at Wood's Homes. She has a passion for working with families and youth, especially in crisis situations.

Anxiety and depression are intrinsically linked for many individuals, and this is especially true for adolescents.

This presentation will help parents and caregivers identify symptoms of distress in youth and provide appropriate guidance for keeping them afloat when they have exhausted their own emotional reserves.

Monday March 9 2020
7-9pm

Western Canada High School
641 17th Ave SW, Calgary

*parking available in lot behind the school

Registration Required

<http://community.hmhcc.ca/>