

# Community Education Service



*Improving emotional health and well being*

## Understanding Teen Mental Health & Wellness

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Everyone has mental health, teens included. This workshop will provide information to help parents and caregivers understand and support positive mental health for youth in their teen years. Learn to distinguish between normal feelings and behaviour of young people, and signs and symptoms of mental health concerns and issues. Relevant school and community resources will be shared.

## FREE WEBINAR

Tuesday, May 12, 2020  
6:30 - 8:30 PM

[Register](#)

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