

Community Education Service



Improving emotional health and well being

Juno House™: Specializing in adolescent girls and young women's mental health presents the Juno House Therapeutic Model of Treatment™

Healthy Brains = Healthy Children Ways We Can Build Healthy Children & Teens

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Before High School graduation, one third of adolescent girls will experience depression, anxiety disorders, self-harm or an eating disorder.

FREE LEARNING

At **Juno House** www.junohouse.ca we believe in the extraordinary healing power of parents and caregivers. We believe that you can learn all of the skills that you need to become your teen's emotional coach. We believe that talking does not grow neurons; experience grows neurons. We will share steps and strategies from the Juno House Therapeutic Model that will give you effective emotional coaching tools for your children as they develop through adolescence and into young adulthood.

You will learn about:

- Neuroscience and the developing brain,
- Brain integration of the left and right brain,
- How anxiety develops,
- The background of emotions and how to understand them in your child,
- The five emotional coaching steps,
- Strategies to help guide your adolescent through the challenges they will face in their academic, peer, and emotional environments.

November 26, 2020

10:00 AM – 11:30 AM

Registration Required

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Juno House**.

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