

# Community Education Service



*Improving emotional health and well being*

## Nurturing stability in the face of uncertainty

Jezz Stone, M.Sc., Doctoral Student, Provisional Psychologist &  
Tanya Mudry, PhD, R.Psych  
University of Calgary Werklund School of Education

Families are faced with a variety of challenges due to COVID-19, which can increase relational strain, stress, and anxiety.

With everchanging transitions like school, seasons, and new rules to follow, teens may be feeling some added pressure to adapt.

In this presentation, we discuss supportive tips and considerations for supporting your family under stress, fostering healthy relationships, and nurturing stability when in the face of uncertainty.

**Thursday Nov 19, 2020  
6:30 - 8pm**

[Click here to register](#)

**FREE**

**online event**

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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 the **University of Calgary Werklund School of Education**