

Community Education Service



Improving emotional health and well being

Mental Health for Highly Sensitive Teens; Unique Struggles for these Emotional Feelers

Presented by: Tracy Guillet, MSW, RSW

Highly sensitive teens are often misunderstood by parents and teachers as they often have stronger emotional reactions.

In this presentation, learn why this happens, and the necessary tools required to help these teens manage their emotions so they don't become derailed.

FREE Webinar

April 28, 2021

10:30 AM - 12:00 PM

[Register](#)

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