

Community Education Service



Understanding Teen Mental Health & Wellness

Vicki Tole, CYCC, MHFA Facilitator & Ashley Plumtree BA Psychology

December 7, 2017

6:30 - 8:30 pm

Sign in: 6:15pm

**Bert Church High School
1010 East lake Blvd, **Airdrie****

Register: <http://fcrc.ahs.ca/ces/>

For more information: email ces@ahs.ca or call (403) 955-4747

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.

This Level 1 session presents on teen mental health, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addictions & Mental Health Portfolio & Psychiatry (CAAMHPP) of AHS in partnership with **RVS, MHC B Stepping Stones to Mental Health.**