

Community Education Service

Understanding Teen Mental Health & Wellness

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Vicki Tole CYCC, MHFA Facilitator

Wednesday February 28, 2018

6:30 pm - 8:30 pm

Sign in: 6:15pm

Chestermere Public Library
105 Marina Rd, **Chestermere**

Session is FREE
of charge/
Parking fees
may apply

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

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 resources will be shared.

Level I: This session presents an overview of non-suicidal self injury 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 Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with [RVS—MHCB Stepping Stones to Mental Health](#).