



UNDERSTANDING ISSUES TEENS FACE TODAY

Free education sessions for parents, caregivers, and those who work with teens

Navigating Mental Health Services - Who to Call

Led by Wood's Homes

Finding out about the appropriate services for mental health can be very challenging. Explore the services that are offered in the Calgary area for teens.

Date Thursday, March 22

Time 6:30pm-7:30pm

Location South Calgary Health Centre: Room 1001,
31 Sunpark Plaza SE
(Please enter by the North entrance)

To register online: <http://community.hmhc.ca/sessions/?p=in-person>

**If you require more information please contact
Community Education Services at ces@ahs.ca**

Courses with low registration will be cancelled.

These sessions are presented by the Community Education Service of Child and Adolescent Addictions and Mental Health Portfolio (CAAMHP) of Alberta Health Services in partnership with South Calgary Health Centre, AHS Women's Health Resources Outreach, and Shawnessy Library