

Community Education Service

Partnering with Parents to Address Behavioural Challenges and Mental Health Concerns at School

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March 21, 2018

Session: 10:30 am - 12:30 pm

Sign in: 10:15 am

Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW

Session is **FREE**
of charge/
Parking fees
may apply/
Limited child
care available,
call
(403) 955-2500

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



To request Telehealth/VC or Audioline, **please click on the video or telephone icons above or**
next to the session title on the website for more information on how to register.

Good mental health starts with an understanding of the brain and its primary roles. This session will introduce parents and those who work with youth to the basic concepts in establishing and maintaining positive mental health in these young people. Topics will include discussion of the teenage brain, common myths about mental illness, teenage stress, promoting positive mental health in the child and accessing help.

Level I: This session presents an overview of parents addressing behaviors and mental health in children, 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 [Mental Health Literacy for Parents & Teen Mental Health](#) [http://www.mhlt.ca](#)