

# Community Education Service

## The Teen Years: Raising a Healthy Child Through Resilience and Empathy

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**November 20, 2018**  
6:30 pm - 8:00 pm  
Sign in: 6:15pm  
**Bert Church High School**  
1010 East Lake Blvd, SE, Airdrie

Session is FREE  
of charge/  
Parking fees  
may apply

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

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

We will be discussing how to develop resilience in your teen. We will also be exploring teen brain development, health, and the impacts of parental empathy on teens. This presentation is for anyone looking to learn how to support their teen through these difficult years.

**Level I:** This session presents an overview of raising and supporting teens 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, [RVS](#), [MHCB Stepping Stones to Mental Health](#), [Airdrie Addictions & Mental Health](#), [Closer to Home Community Services](#).