

# Community Education Service

## Understanding Adolescent Stress and Anxiety

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**April 2, 2019**  
**6:30 pm - 8:30 pm**  
**Sign in: 6:15pm**  
**Manachaban Middle School**  
**724 Chiniki Dr, Cochrane**

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

A discussion on anxiety and stress in adolescents; what it is, what it may look like, how you can help your youth. This session will teach attendees strategies such as mindfulness and relaxation, and will also provide resources that can support caregivers and their youth.

**Level I:** This session presents an overview of adolescent stress & anxiety 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](#).