

Community Education Service



Juno House™: Specializing in adolescent girls and young women's mental health presents the Juno House Therapeutic Model of Treatment™

Healthy Brains = Healthy Children Ways We Can Build Healthy Children & Teens

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February 27, 2019

11:00 am - 12:30 pm

Sign in: 10:45 am

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW

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



Before High School graduation, one third of adolescent girls will experience depression, anxiety disorders, self harm or an eating disorder.

At **Juno House** www.junohouse.ca we believe in the extraordinary healing power of parents and caregivers. We believe that you can learn all of the skills that you need to become your teen's emotional coach. We believe that talking does not grow neurons; experience grows neurons. We will share steps and strategies from the Juno House Therapeutic Model that will give you effective emotional coaching tools for your children as they develop through adolescence and into young adulthood. You will learn about :

- Neuroscience and the developing brain,
- Brain integration of the left and right brain,
- How anxiety develops,
- The background of emotions and how to understand them in your child,
- The five emotional coaching steps,
- Strategies to help guide your adolescent through the challenges they will face in their academic, peer, and emotional environments.