

**ARE YOU
READY?**

**Teens Talk
Transitions**

Don't wait until you're 18! Start preparing early.



Free 4 week workshop to help
youth (ages 14-18)

learn to manage their health condition in a supportive, fun environment with their peers.

Teens are encouraged to bring a similar-aged peer for support (sibling, friend, cousin)

WHEN: 4 consecutive Saturdays
Starting Feb 23/2019

TIME: 10:00 – Noon

WHERE: Alberta **Children's** Hospital

REGISTER: Contact Deb Thul
403-955-7252
Deborah.Thul@ahs.ca

PARENTS

There is a simultaneous
program for parents

