

Community Education Service



Improving emotional health and well being

Understanding Teen Mental Health and Wellness during a Pandemic

Vicki Tole CYC, Mental Health First Aid Instructor

Everyone has mental health, teens included. This workshop will provide information to help parents and caregivers understand and support positive mental health for youth in their teen years including an emphasis on Covid19 and your youth. Learn to distinguish between normal feelings and behaviour of young people, and signs and symptoms of mental health concerns and issues. Relevant school and community resources will be shared.

FREE WEBINAR

November 16, 2020
6:30 - 8:30 PM

[Register](#)

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