

Community Education Service



Improving emotional health and well being

Adapting after Adversity

Eric Perrault

BEd, MA, EdD (candidate)

Former High School Administrator (Alternative High School, Calgary)

Sessional/Adjunct University Instructor

Normal development happens even during a pandemic. We still grow, change and learn from our experiences. This session explores some of the possible impacts we need to understand about the effects of adversity on neuro development.

Ideas about what we can do to support the healthy development of young people as they adapt to new expectations and opportunities just as we as adults are adjusting from surviving to thriving will also be explored.

Tuesday Sept 14 2021

6:30 pm MST

**Click here to
register**

FREE

online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services.