

Community Education Service



Improving emotional health and well being

Girls and COVID Nine - Teen

Amy Shaw

Registered Psychologist, Affinity Psychology Group

The pandemic has significantly harmed the mental health of teenage girls. Amy will speak to:

- Expected teen development (social-emotional stages of development)
- COVID-19 and special effects on teen girls (online school, masking, lockdowns, social distancing, increased media access and exposure)
- Mental health consequences (depression, anxiety, body dysmorphia, addiction)
- Related consequences (self-harm, suicide, eating disorders, substance abuse, domestic violence, hospitalization & medication)
- Red flags (signs, symptoms, how and where to get help)
- Building hope through validation, compassion, resiliency, and positive social connection



Monday Sept 20 2021
6:30 pm MST

**Click here
to register**

FREE

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 & **Affinity Psychology Group**