

# Community Education Service



*Improving emotional health and well being*

## Brain Science Sciences of Hope and Resilience

**Ashley Meagher, BA, CYC & Stephanie Sands BSc**

This session exists to support caregivers with the fundamental elements of brain science with a focus on the strengths of knowing how this can positively impact children and youth development. The interactive session will provide insight into brain structure and the stress response. In addition, we will explore adverse childhood experiences and Covid-19 as they relate to brain development, while providing information and strategies to build resilience.

**February 9, 2022  
10:00 am - 12:00 pm**

**Click here to  
register  
FREE  
online event**

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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 & **RVS, MHC B Stepping Stones to Mental Health.**

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