

Community Education Service



Improving emotional health and well being

Understanding Teen Mental Health & Wellness

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Rocky View School Division & MHC B Stepping Stones to Mental Health

Everyone has mental health, teens included! This session will provide information to help caregivers understand and cultivate positive mental health for youth during their teen years. Learn to distinguish between normal feelings and behaviour of teens, including signs and symptoms of mental health concerns. School and community resources will be shared.

May 9, 2023
6:30-8:30pm

Click here to
register

FREE

online event

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Rocky View School Division & MHC B Stepping Stones to Mental Health.**