

# Community Education Service



*Improving emotional health and well being*

## Emerging from the Shadows

Recognizing signs of mental distress in our children and youth as we navigate through the pandemic and beyond

### **Dr. Tina Nicholson MBChB, MD, CCFP**

Family Physician in Cochrane and Medical Lead of Health Home Community for Calgary Foothills PCN  
Member of teaching faculty for CanREACH Alberta and REACH institute, New York  
Holds medical director and teaching positions with the Cumming School of Medicine, University of Calgary

Overview on current mental health trends seen in children and youth, we will share universal approaches and an introduction to some easy screening tools parents can review and implement. The session will review the mental health impacts of the last 18 months - what physicians have seen and what is still emerging. Participants will learn to recognize normal distress reactions, including physical signs of emotional stress, when further assessment is needed and the importance of early detection. It will also explore who to turn to for more information and support. Building resilience together - takes a village.

## FREE WEBINAR

**May 6, 2021**  
**6:00 - 8:00 PM**

[Register](#)

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