

Community Education Service



Improving emotional health and well being

Back to School Teen Mental Wellness

Vicki Tole | CYCC, MHFA Facilitator

Back to school, this can be an exciting time in your teen's life and yours. It can also be challenging for teens and their parents, anxiety can increase and self-esteem can decrease. Emotions can change quickly as teens learn to deal with school, their friends, and perhaps a different life of their pre-pandemic life.

What is typical at this age and what is troubled? This session will share information on how the teen brain develops, how you can support positive mental health and promote healthy brain development.

FREE WEBINAR

September 21, 2021
6:30 - 8:30 PM

[Register](#)

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