

# Community Education Service



*Improving emotional health and well being*

## Adolescent Brain Development and Navigating Parent-Teen Relationships

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BSc in Human Ecology, majoring in Family Ecology from the University of Alberta

Over 10 years of experience working with children and youth

Adolescence is a magical time when children enter a period of huge growth and change. Bodies and brains change, emotions become more volatile, friends become more important, and the parent-child relationship morphs into a parent-teen relationship. In this session we will discuss the adolescent brain, how to support healthy brain development, promoting resilience, and navigating the ways that your relationship with your teen will evolve as they slowly but surely become little adults.

## FREE WEBINAR

**September 29, 2021**  
**1:00 – 3:00PM**

[Register](#)

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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 with **RVS, MHCB Stepping Stones to Mental Health.**

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