

# Community Education Service



*Improving emotional health and well being*

## Managing Anxiety in Youth within the COVID-19 World

April Elliot, M.A., R.Psych.  
Stephanie Sands, BSc. Psychology.

This session will outline the differences among worry, stress, and anxiety, and how the COVID-19 pandemic may affect mental health and wellness in teens. The session will also cover clinical presentations of anxiety and provide parents with insight as to what is 'normal' and when to seek help from a mental health professional. The session will also cover strategies for parents to assist their youth in navigating this complex world, including stress management, self-care, and strategies for improving executive functioning and resilience.

**December 1, 2021**  
**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.**