

Community Education Service



Improving emotional health and well being

Pause, Listen & Connect: Navigating the Transition from Childhood to Adolescence

Nicola Doughty - Registered Clinical Counsellor (BCACC) - who enjoys co-creating non-judgmental spaces where genuine, magical 'a-ha' moments occur while working with individuals and families to promote positive mental health and well-being.

This workshop focuses on helping parents with elementary-aged children create family and lifestyle conditions now, that will assist them in navigating the transition from childhood into adolescence.

As children move towards their teen years, their need for autonomy and privacy often disrupts family routines, leaving many parents feeling stuck in knowing how to communicate and connect. Additionally, as their children's social world opens up, parents are often challenged and worried about seemingly risky behaviours. Many parents with children aged 11 through 18 wish they had started certain routines, had different conversations, or had learned a particular something prior to their child becoming a teenager. With the goal of deepening relationships to assist in the continued development of contented, thriving, motivated kids, parents will leave feeling confident about their children's future because of what they are able to do in the present. Using current research, knowledge and anecdotal experience, Nicola will offer optimistic and practical strategies that can be taken home and adapted into any family structure.

**Monday January 17, 2022
7 pm (mst)**

Click here to register
FREE
online event

 **Nicola Doughty**
Registered Clinical Counsellor

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 and **Nicola Doughty Counselling**

CES@ahs.ca <http://community.hmhc.ca/> 403 955-4730