

# Community Education Service



*Improving emotional health and well being*

## Brain Science Sciences of Hope and Resilience

Ashley Meagher, BA, CYC & Stephanie Sands BSc. Psychology

This session exists to support caregivers with the fundamental elements of brain science with a focus on the strengths of knowing how this can positively impact children and youth development. The interactive session will provide insight into brain structure and the stress response. In addition, we will explore adverse childhood experiences and life events as they relate to brain development, while providing information and strategies to build resilience.

**March 21, 2023**  
**6:30 pm - 8:30 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 & **Rocky View School Division, MHC B Stepping Stones to Mental Health.**

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