

# Community Education Service



*Improving emotional health and well being*

## Stress, Stigma, and Safety for Caregivers

**Agnes Chen,**

Registered Nurse, Co-Founder and Managing Director of Family Advocacy Support Centre (Starlings Community).

Navigating the stress and stigma of a parent's substance use can make it difficult for youth to find support. Facilitated by a registered nurse with lived experience of parental substance use stigma, this workshop is for adults (parents, grandparents, and/or other extended support) who provide care to a youth who has been impacted by the stress and stigma of a parent's substance use.

The session will provide information that will cover:

**Stress:** how childhood stress can influence a child's emotions and behaviors

**Stigma:** how the response of family and community towards parents who use substances can prevent youth from seeking support

**Safety:** how we can empower youth to identify and seek out their safe people and spaces

**November 20, 2023**  
**6:30 PM- 8:00 PM**

[Click here to](#)

[Register](#)

[Free online event](#)



**Family Advocacy  
Support Centre**

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with

[Family Advocacy Support Centre](#)