

Community Education Service



Improving emotional health and well being

Helping Youth Manage Emotions

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FearsNotLove

This presentation focuses on the role emotions play in our daily lives with special consideration for how emotions show up during adolescence. Topics covered are:

- **What are emotions and why are they important**
- **Emotions during adolescence**
- **How parents can help**

**June 12, 2024
6:30 pm - 7:30 pm**

Click here to register

FREE

online event



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 and **FearsNotLove**.