

## Community Education Service



*Improving emotional health and well being*

# Peer Pressure: what is it and what can I do about it?

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**Oct 21, 2024**  
**6:30 pm - 8:30 pm**

**Pressures to conform are all around us. Exploring the psychology behind peer pressure makes it easier to understand the dynamics in play and how to make reasoned, rather than reactive decisions.**

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 Recovery Alberta and **Sheldon Psychology Group**.