

Community Education Service



Improving emotional health and well being

Adolescent Brain Development and Navigating the Parent-Teen Relationship

Melissa Ramsay

Stepping Stones to Mental Health and Rocky View Schools

Adolescence is a magical time when children enter a period of huge growth and change. Bodies and brains change, emotions become more volatile, friends become more important, and the parent-child relationship morphs into a parent-teen relationship. In this session we will discuss the adolescent brain, how to support healthy brain development, promoting resilience, and navigating the ways that your relationship with your teen will evolve as they slowly but surely become little adults.

October 15, 2024
6:00 PM – 8:00 PM

Click
[HERE](#)
to register



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 in partnership with [Stepping Stones to Mental Health](#) and [Rocky View Schools](#)