

Community Education Service



Improving emotional health and wellbeing

Understanding Teen Mental Health

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Rockyview School Division, MHCBS Stepping Stones to Mental Health

Everyone has mental health, even teens. This workshop will provide information to help parents and caregivers understand and support positive mental health for youth in their teen years. Learn to distinguish between normal feelings and behaviour of young people, and signs and symptoms of mental health concerns and issues.

November 5, 2024
6:00 pm - 8:00 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 **Recovery Alberta** and Rockyview School Division, MHCBS Stepping Stones to Mental Health.