

Community Education Service



Improving emotional health and wellbeing

Chatting With Parents About Youth (Ages 10-18) & Healthy Relationships

Stephanie Loewen, BFA Addictions Counselling, Outreach Specialist, True North

Mayra Sanchez, CYC Dip. & ECE Cert., Trauma-Informed Child Development Specialist, True North

Amanda Vanderlaan, BA, Public Educator & Manager of Research & Development, True North

This presentation will:

- Give parents the awareness & tools to help youth navigate peer pressure & bullying
- Give parents the tools to identify the cycle of violence

April 30, 2025
6:30 pm - 7:30 pm

FREE online event
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** and **True North**.