

# Community Education Service



*Improving emotional health and wellbeing*

## Stress, Stigma, and Safety Building Supportive Communities for Youth

Presented by: Agnes Chen, Registered Nurse, Founder and Executive Director,  
Starlings Community

In honour of Mental Health Awareness Week and its focus on **community**, this session is dedicated to empowering caregivers who journey alongside the 1 in 5 young people growing up with the stress and stigma of a parent's substance use. Through a lens of lived experience, we'll shed light on the hidden barriers to community youth often face – like shame, fear, and isolation – and inspire new ways to create safety, resilience, and connection.

**May 13, 2025**  
**11:00 AM – 12:30 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 [Recovery Alberta](#) and [Starlings Community](#).

[ces@recoveryalberta.ca](mailto:ces@recoveryalberta.ca) | <http://community.hmhc.ca> | 403 955 4730