

# Community Education Service



*Improving emotional health and well being*

## Building Resiliency in Today's Youth

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### *Brought to you by specialists in Girls' Mental Health*

Before High School graduation, one-third of adolescent girls will experience depression, anxiety disorders, self-harm or an eating disorder. However, there is an incredible power in caregivers who can support our youth, both young women and men, before they seek therapy.

At [Juno House®](#), we believe in the extraordinary healing power of parents, caregivers, coaches, and teachers. In our 1.5 hour workshop presentation, we will share steps and strategies from the Juno House Therapeutic Model® that will provide effective emotional coaching tools for today's youth as they develop through adolescence and into young adulthood.

We believe that talking does not grow neurons; experience grows neurons. This workshop is designed to give caregivers the skills to become their child's emotional coach. The workshop will provide participants with:

- Basic introduction of interpersonal neurobiology,
- Where emotions live in our brains,
- The essential role emotions play in mental well being,
- How to identify emotions in youth,
- How to become an emotional coach in only five steps.

**June 5<sup>th</sup>, 2025**  
**12:00 PM – 1:30PM**

**Register**  
**HERE**



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 [Juno House](#) and is sponsored by the [Arnica Foundation](#).