

# Community Education Service



*Improving emotional health and wellbeing*

## Stressed but Strong, Anxious but Awesome: Understanding your child's worries through a strength-based lens

**Presented by: Dr. Sterling Sparshu, MD, FRCPC**  
**Child and Adolescent Psychiatrist**

**October 29, 2025**  
**6:00 PM – 8:00 PM**

Participants will:

- Understand the stress-anxiety spectrum in children and teens
- Recognize healthy vs problematic stress
- Learn how to respond to stress and anxiety through a strength-based lens

[Click here to register](#)

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[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](#).