

# Community Education Service



*Improving emotional health and wellbeing*

## Growing Resilient Teens

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**Before high school graduation, 1/3 of adolescent girls will experience depression, anxiety disorders, self-harm or an eating disorder. However, parents, coaches and teachers have extraordinary healing powers to support our teens as they develop into young adulthood.**

**Resilience is not taught; it is grown in our children. There are ways that we can help our children become more resilient starting within our relationship first.**

This session is facilitated by a therapist from Juno House who has years of both clinical and facilitating experience. Juno House was founded in 2008 as a Centre of Excellence for adolescent girls and young women who are experiencing anxiety-based mental health issues of self harm, obsessive compulsive disorders, depression and eating disorders.

This 90-minute session will provide participants with:

- a basic introduction of interpersonal neurobiology and anxiety,
- the essential role emotions play in mental well-being,
- how to identify emotions in your child,
- strategies to have a better relationship with your child including how to be an emotion coach.



**January 29<sup>th</sup>, 2026**

**12:00 PM – 1:30 PM**

[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](#).