

Community Education Service



Improving emotional health and wellbeing

Mental Health for Highly Sensitive Teens; Unique Struggles for these Emotional Feelers

Tracy Fields, MSW, RSW

Tracy Fields Counselling

Highly sensitive teens are often misunderstood by parents and teachers as they often have stronger emotional reactions.

In this presentation, learn why this happens, and the necessary tools required to help these teens manage their emotions so they don't become derailed.

March 11th, 2026
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 **Tracy Fields Counselling**.