

Community Education Service



Improving emotional health and wellbeing

Growing Up Takes Risk Supporting healthy teen development

Presented by: Primary Care Alberta, Sexual & Reproductive Health, Calgary Zone

Parents, guardians, supportive adults and teens themselves often fear teen risk-taking. Yet, to grow into healthy adults, teens need to take risks to learn new things, build new skills, and make new decisions. This is why the teen brain is wired to take risks. This wiring means that the choices teens make about risks will change their life - in good ways or bad. In this session we will learn about supporting teens to make healthy risk-taking choices by:

- Learning about teen brain development
- Exploring how to support teens decide which risks to take and ways to make risk taking activities safer
- Thinking about the impact of our responses to teen successes and failures

January 27, 2026
12:00 PM – 1:30 PM

[Click here to register](#)

FREE

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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 **Sexual & Reproductive Health, Primary Care Alberta**.