

# Community Education Service



*Improving emotional health and wellbeing*

## Mental Health & Youth

**Presented by: Community Health Promotion Services (CHPS),  
Recovery Alberta**

It is normal for children and youth to experience various types of emotional distress as they develop and mature. To promote positive mental health, it is important to be aware of mental illnesses, recognize signs, engage in meaningful conversations, and support a balanced life. This presentation will support you in gaining a greater understanding of mental health and reflect on how you can support the young people in your life.

**March 9, 2026  
12:00 PM – 1:30 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**.