

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Mental Health & Youth

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

Tuesday Oct 6 2026

6:30 - 8:00

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.

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register



Mental Health Collaborative | Recovery Alberta

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