

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Stress, Stigma, and Safety: Building Supportive Communities for Youth

Agnes Chen, Registered Nurse, Founder and Executive Director, Starlings Community

Thursday Oct 22 2026

12:00 - 1:30 PM

Join us for a session dedicated to empowering caregivers who journey alongside the 1 in 5 young people growing up with the stress and stigma of a parent's substance use.

Through a lens of lived experience, we'll shed light on the hidden barriers to community youth often face – like shame, fear, and isolation – and inspire new ways to create safety, resilience, and connection.

**Click here to
register**



Mental Health Collaborative | Recovery Alberta

ces@recoveryalberta.ca | <http://community.hmhc.ca> | 403 955 4730