

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

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

Presented by: Tracy Fields, MSW, RSW

Tuesday Nov 3 2026



11:00 AM - 12:30 PM

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.

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