



Recovery
Alberta



COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Growing Resilient Teens

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Thursday Nov 26 2026



12:00 - 1:30 PM

Before high school graduation, 1/3 of adolescent girls will experience depression, anxiety disorders, self-harm or an eating disorder. However, parents, coaches and teachers have extraordinary healing powers to support our teens as they develop into young adulthood.

Resilience is not taught; it is grown in our children. There are ways that we can help our children become more resilient starting within our relationship first.

This 90-minute session will provide participants with:

- a basic introduction of interpersonal neurobiology and anxiety,
- the essential role emotions play in mental well-being,
- how to identify emotions in your child,
- strategies to have a better relationship with your child including how to be an emotion coach.

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