

Community Education Service

Adolescent Stress: How to Recognize It, Understand It, and Help Them Cope

Presented By: Barbara Vigar, RPN, MSW, RSW &
Donna Barbaro, R. Psych., Clinical Consultants, Healthy Minds Health Children, AHS

April 26, 2012

Session: 7:00 pm - 8:30 pm

Sign in: 6:45 pm

**Meadowbrook Middle School
1796 Meadowbrook Drive, Airdrie**

Session is
FREE
of Charge

All participants please register no later than **April 19, 2012**.
Register by visiting <http://fcrc.albertahealthservices.ca/ces.php> Courses with low registration will be cancelled one week prior to the session. Please register early to avoid disappointment.

This presentation will inform the audience of what stress is and how it impacts adolescents. Also covered are healthy ways to cope with stress; plus tips for parents on how to encourage and support their children when they undergo stressful times.

Level I Activity: This activity presents an overview of adolescent stress and strategies, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addictions and Mental Health Portfolio (CAAMHP) of Alberta Health Services in partnership with **Healthy Minds, Health Children –AHS**

For more information and/or if you are having difficulty registering for the session please see <http://fcrc.albertahealthservices.ca/ces.php> or email ces@albertahealthservices.ca