

Community Education Service



Improving emotional health and well being

Adolescent Brain Development and Navigating Parent-Teen Relationships

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Rocky View School Division and MHCBC Stepping Stones to Mental Health

Adolescence is a magical time when children enter a period of huge growth and change. Bodies and brains change, emotions become more volatile, friends become more important, and the parent-child relationship morphs into a parent-teen relationship. In this session we will discuss the adolescent brain, how to support healthy brain development, promoting resilience, and navigating the ways that your relationship with your teen will evolve as they slowly but surely become little adults.

October 24, 2023
10:00 AM - 12:00 PM

**Click here to
register**

FREE
online event

This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & [Rocky View School Division](#) & [MHCBC Stepping Stones to Mental Health](#).