

Community Education Service



Improving emotional health and well being

Building Resiliency in Today's Youth

Andrea Halwas Larsen, PhD, CT, REACE

Counselling Therapist

Associate Therapist and Education Coordinator at Juno House

Brought to you by specialists in Girls' Mental Health

Before High School graduation, one-third of adolescent girls will experience depression, anxiety disorders, self-harm or an eating disorder. However, there is an incredible power in caregivers who can support our youth, both young women and men, before they seek therapy.

At [Juno House®](#), we believe in the extraordinary healing power of parents, caregivers, coaches, and teachers. In our 1.5 hour workshop presentation, we will share steps and strategies from the Juno House Therapeutic Model® that will provide effective emotional coaching tools for today's youth as they develop through adolescence and into young adulthood.

We believe that talking does not grow neurons; experience grows neurons. This workshop is designed to give caregivers the skills to become their child's emotional coach. The workshop will provide participants with:

- Basic introduction of interpersonal neurobiology,
- Where emotions live in our brains,
- The essential role emotions play in mental well being,
- How to identify emotions in youth,
- How to become an emotional coach in only five steps.

October 9th, 2025
12:00 PM – 1:30PM

Register
HERE



This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Recovery Alberta and [Juno House](#) and is sponsored by the [Arnica Foundation](#).