

# Community Education Service



*Improving emotional health and wellbeing*

## Parenting your Teen with Confidence

**Tanya Du Plessis, Program Facilitator, B.A.**  
**Families Matter**

Parenting teens can feel like walking a tightrope between holding boundaries and staying connected.

Join us for this one-hour session to equip caregivers with practical, relationship-centered tools to strengthen connection while fostering independence and resilience.



**April 21<sup>st</sup>, 2026**  
**12:00 PM – 1:30 PM**

**[Click here to register](#)**

**FREE**



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 **Families Matter**.

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