

Community Education Service

CES

Improving emotional health and well being

Mental Health for Highly Sensitive Teens; Unique Struggles for these Emotional Feelers

Presented by: Tracy Guillet, MSW, RSW

Highly sensitive teens are often misunderstood by parents and teachers as they often have stronger emotional reactions.

In this presentation, learn why this happens, and the necessary tools required to help these teens manage their emotions so they don't become derailed.

FREE Webinar

November 24, 2021 1:00 PM - 2:30 PM

<u>Register</u>

https://community.hmhc.ca/

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with Quiet Pathways Counselling.