

Supporting Children & Youth through a Mental Health Literacy Lens

Who: Any parent interested in promoting mental health in children and youth

What: Join this engaging and informative presentation, which includes these topics:

- Clarify information and misinformation around mental states
- Understand stress and the stress response and how to help young people manage stress
- Learn ideas and strategies for boosting mental health and resiliency in youth
- When and how to access more support

Where: Father Henri Voisin School, 60 Clearview Drive, Red Deer, AB

When: April 19th 6:30 p.m. to 8:00 p.m.

To register: click [here](#)