

# Mental Health Literacy for Parents

With Andrew Baxter (Mental Health Literacy Project Manager, Alberta)

Location: Heritage Woods Secondary 1300 David Avenue Port Moody

Date and Time: **Thursday April 25<sup>th</sup> 7pm to 9pm** (Doors open at 6:30)

[CLICK HERE TO REGISTER](#)

Only 300 spots available!

Good mental health starts with an understanding of the brain and its primary roles. This session will introduce parents to the basic concepts in establishing and maintaining positive mental health with their children.

Topics will include:

## The Teenage Brain

- How is it different from adults?
- What is adolescence?

## Common myths about mental illness

- What are the causes?
- What are the risks?

## Teenage stress

- How much is too much?
- How can we manage stress?

## Promoting positive mental health in my child

- What are some self-care basics?
- How can I support my teen?

## Getting help

- Talking to your teen about mental health?
- Who to turn to for help?



For More Information Contact Andrew Baxter, Project Coordinator - [andrew.baxter@ahs.ca](mailto:andrew.baxter@ahs.ca) Access Mental Health information for parents and students at [www.teenmentalhealth.org](http://www.teenmentalhealth.org)