

Youth Well-Being Parent Series



In partnership, Canmore Collegiate High School (CCHS) and its School Council invites parents from CCHS, and Gr. 7 and 8 parents from Lawrence Grassi Middle and Exshaw schools to its parent series “Youth Well-Being,” led by Town of Canmore’s Youth/Teen Family Support Worker **Alida Kelly**.

OCTOBER
19

Teen Brain Development & Emotions

- Understand teen brain anatomy & development
- Learn strategies for addressing teen & tweens’ emotional peaks

Boundaries and Communication

- Learn why it’s necessary to establish effective boundaries with teens and tweens
- Learn the significance of saying ‘no’ and its relation to mental health and family well-being

NOVEMBER
7

JANUARY
18

Substance Use Part 1: Facts for Parents

- Learn about the landscape of youth substance use in Canada
- Understand evidence-based prevention strategies, risk factors, and parental roles

Substance Use Part 2: Safety Planning/Harm Reduction for Parents

- Dive into strategies for harm reduction and learn how to open conversations with teens and tweens who are exposed to, curious about, or engaging in substance use
- Address myths, opioids, and accessing resources like Naloxone, testing & treatment

FEBRUARY
7

MARCH
6

Substance Use Part 3: Vaping & Tobacco for Parents

- Learn about the landscape of youth substance use in Canada
- Understand evidence-based prevention strategies, risk factors, and parental roles

Gender & Sexual Diversity for Parents

- Explore LGBTQ2S+ terminology and challenges faced by LGBTQ2S+ youth
- Address caregiver concerns and learn supportive strategies

APRIL
25

All sessions will be held in the CCHS Theatre from 7 to 9 p.m. A Q&A will conclude each session. Light refreshments provided. Parents can attend one or all sessions. No RSVP required.