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CHANGING THE CONVERSATION WITH YOUR TEEN: UNDERSTANDING AND SUPPORTING INTENSE EMOTIONS & IMPROVE WELL-BEING

Given the challenges and pressures facing adolescents today, it has never been more important for parents to be able to recognize mental health challenges, actively communicate and assist their child in managing difficult emotions.

Join us for an evening of inspirational learning and find out how to effectively support your teen in managing difficult emotions and building healthier relationships in your family.

When: Thursday October 10, 2019

Time: 7:00 – 9:00pm

Where: CMHA Thunder Bay Branch,
200 Van Norman Street

Cost: FREE

Register by calling 345-5564

Or visit www.thunderbay.cmha.ca

Workshop in
partnership
with:



Canadian Mental
Health Association
Thunder Bay
Mental health for all



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