



Understanding your **t(w)een** ...

Mental Health 101

Feb. 15, 2017

FREE Dinner: 5:30 – 6:30 p.m.
Parent Session: 6:30 – 8 p.m.

Leduc Public Library (#2 Alexandra Park)



Mental Health is different from mental illness. Everyone has mental health, including those with a mental illness, and everyone can improve their mental health. This session will help clarify the difference between positive mental health and mental illness. You will learn about strategies, resources, and practical examples to support positive mental health. This session will increase your comfort and confidence in talking about mental health and promoting positive mental health with your children and in your community. There will be opportunities for discussion.

Contact the City of Leduc's Family and Community Support Services at 780-980-7177 for more information or to register.

** Child care may be available upon request.*

