

Community Education Service



Improving emotional health and well being

Mental Health for Highly Sensitive Teens; Unique Struggles for these Emotional Feelers

Tracy Fields, MSW, RSW (Tracy Fields Consulting)

Highly sensitive teens are often misunderstood by parents and teachers as they often have stronger emotional reactions.

In this presentation, learn why this happens, and the necessary tools required to help these teens manage their emotions so they don't become derailed.

FREE Webinar

October 4th , 2023

10:00 AM – 11:30 AM

[Register](#)
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This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and [Tracy Fields Consulting](#).

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<https://community.hmhc.ca/sessions/files/2023-09-12-15-50-38-Oct-4-Sensitive-Teens.pdf>

"Go, Tigers!"