



Community Education Service



Improving emotional health and well being

Stress, Stigma, and Safety for Caregivers

Agnes Chen,

Registered Nurse, Co-Founder and Managing Director of Family Advocacy Support Centre (Starlings Community).

Navigating the stress and stigma of a parent's substance use can make it difficult for youth to find support. Facilitated by a registered nurse with lived experience of parental substance use stigma, this workshop is for adults (parents, grandparents, and/or other extended support) who provide care to a youth who has been impacted by the stress and stigma of a parent's substance.

The session will provide information that will cover:

Stress: how childhood stress can influence a child's emotions and behaviors

Stigma: how the response of family and community towards parents who use substances can prevent youth from seeking support

Safety: how we can empower youth to identify and seek out their safe people and spaces

**September 19, 2023
6:30 PM- 8:00 PM**

[Click here to](#)

[Register](#)

[Free online event](#)



**Family Advocacy
Support Centre**

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 in partnership with [Family Advocacy Support Centre](#)

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<https://community.hmhc.ca/sessions/files/2023-08-17-20-11-28-Sept-19-Stigma.pdf>