

Community Education Service



Improving emotional health and wellbeing

Stressed but Strong, Anxious but Awesome: Understanding your child's worries through a strength-based lens

Presented by: Dr. Sterling Sparshu, MD, FRCPC
Child and Adolescent Psychiatrist

October 29, 2025
6:00 PM – 8:00 PM

Participants will:

- Understand the stress-anxiety spectrum in children and teens
- Recognize healthy vs problematic stress
- Learn how to respond to stress and anxiety through a strength-based lens

[Click here to register](#)

FREE

online event



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** in partnership with the **Calgary Board of Education**.