

Free



# Junior High Journey

## Supporting the move into Grade 7

Transitioning from elementary to junior high school is exciting and can be stressful. Learn strategies to help your teenager adjust to the change and cope with life's challenges.

- FOR:** Parents/caregivers and teens
- COST:** Free
- WHEN:** Tuesdays, June 15 · 6 p.m. to 7:30 p.m.
- WHERE:** Online

To register visit:  
[strathcona.ca/parentsupport](https://strathcona.ca/parentsupport)



Alberta Health  
Services

Mental Health  
Capacity Building



STRATHCONA  
COUNTY