

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, August 24 · 6 p.m. to 7:30 p.m.
- WHERE:** Online

To register visit:
strathcona.ca/parentsupport



Alberta Health
Services

Mental Health
Capacity Building



STRATHCONA
COUNTY