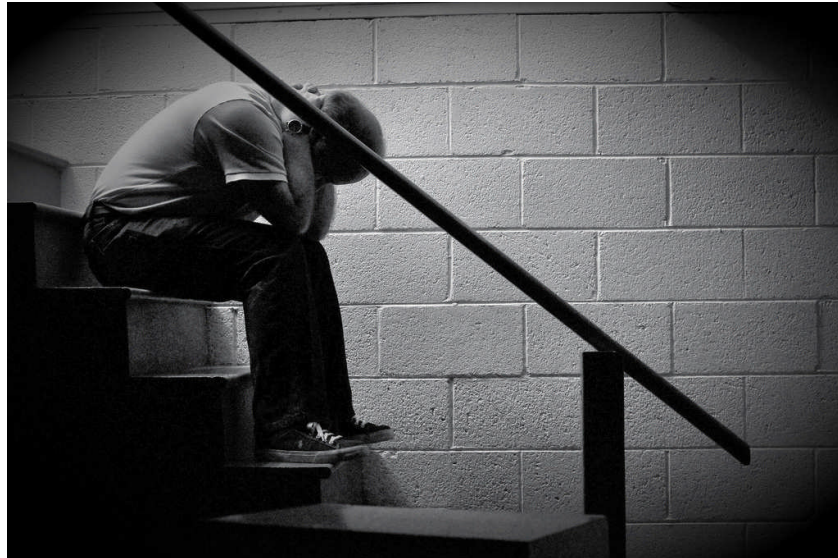


UNDERSTANDING YOUR TEEN'S BIG EMOTIONS: COPING STRATEGIES FOR DEALING WITH ANXIETY, STRESS and DEPRESSION



Free Seminar

Thursday, April 25, 2013 at 7 p.m.

**Georgian's South Georgian Bay Campus
(Poplar Side Road & Raglan Street)**

Motivational speaker Melissa Carroll and Dr. Mark Quigg will address a number of topics including coping strategies for dealing with a variety of mental health issues and the family physician's role in caring for teens during their confusing and stressful journey of adolescence.

Community organizations will be on hand to showcase their local resources to parents.

To register for this free event call Communications Coordinator Lisa van Kolfshoten at **(705) 445-2550 ext. 8307** or e-mail vankolfshotenl@cgmh.on.ca.

Sponsored by the **Collingwood G&M Hospital Foundation Community Education Fund**

