

**THIRD
SPACE³**
LIFE CHARITY

FOUNDRY.
KELOWNA

Operated by



Canadian Mental
Health Association
Kelowna

**COURAGE
FOR
YOUTH**

PROUDLY PRESENT

SCREENAGERS **NEXT
CHAPTER**

UNCOVERING SKILLS FOR STRESS RESILIENCE

**STRESS - ANXIETY - DEPRESSION
"HOW DO I HELP MY CHILD COPE?"**

**WE FOLLOW PHYSICIAN & FILMMAKER, DELANEY RUSTON, IN
THE SECOND CHAPTER OF SCREENAGERS WHERE SHE DISCOVERS
SOLUTIONS FOR IMPROVED ADOLESCENT WELL-BEING IN THE
DIGITAL AGE**

STREAM **FREE ON DEMAND FEB 2-18, 2021
AND/OR**

WATCH WITH US

FEB 16, 2021 | 6:30 PM **AND**

**JOIN US AFTER FOR A LIVE VIRTUAL Q&A
WITH LOCAL MENTAL HEALTH PROFESSIONALS @7:45 PM**

WATCH THE TRAILER AND REGISTER TODAY @ [COURAGEFORYOUTH.COM](https://courageforyouth.com)

