

# Parenting Teens in the 21st Century: Respect Limit Setting with Adolescence

Ohpekinowasowin / "Child Development" Learning Series

## August 19th, 2020 10:30-12:00

### Learning Objectives:

- Adolescent Brain Development
- Parenting Risk Taking Adolescents
- Respectful Limit Setting
- Resources

### Speakers:

Colleen Mustus has worked with Treaty 8 First Nation Communities for approximately 35 years. Colleen is from Sturgeon Lake Cree Nation and has held multiple roles such as instructing at Nechi, supporting inner city homeless youth, and supporting Elders from First Nation Communities across Alberta.

Rod Snaterse, is an Educator with Alberta Health Services who brings to the role 23 years' experience as a public school teacher along with a Master of Education with a specialization in adult and community education. Rod has instructed at The King's University on the topic of mental health literacy, and has supported the development of a Day Hospital Classroom and Summer Transitional Programming for students with mental health concerns.

Cathy Mercier, is an Educator with Children, Youth, and Families - Addiction and Mental Health. To this team, Cathy brings experience in working in a variety of social service roles in community agencies that support children, youth, and families, specifically in the areas of mental health, addictions, homelessness, poverty, child protection, and trauma.

Please contact  
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### Target Audience

Treaty 8 Health Directors,  
Mental Health Therapist,  
Community Based Workers



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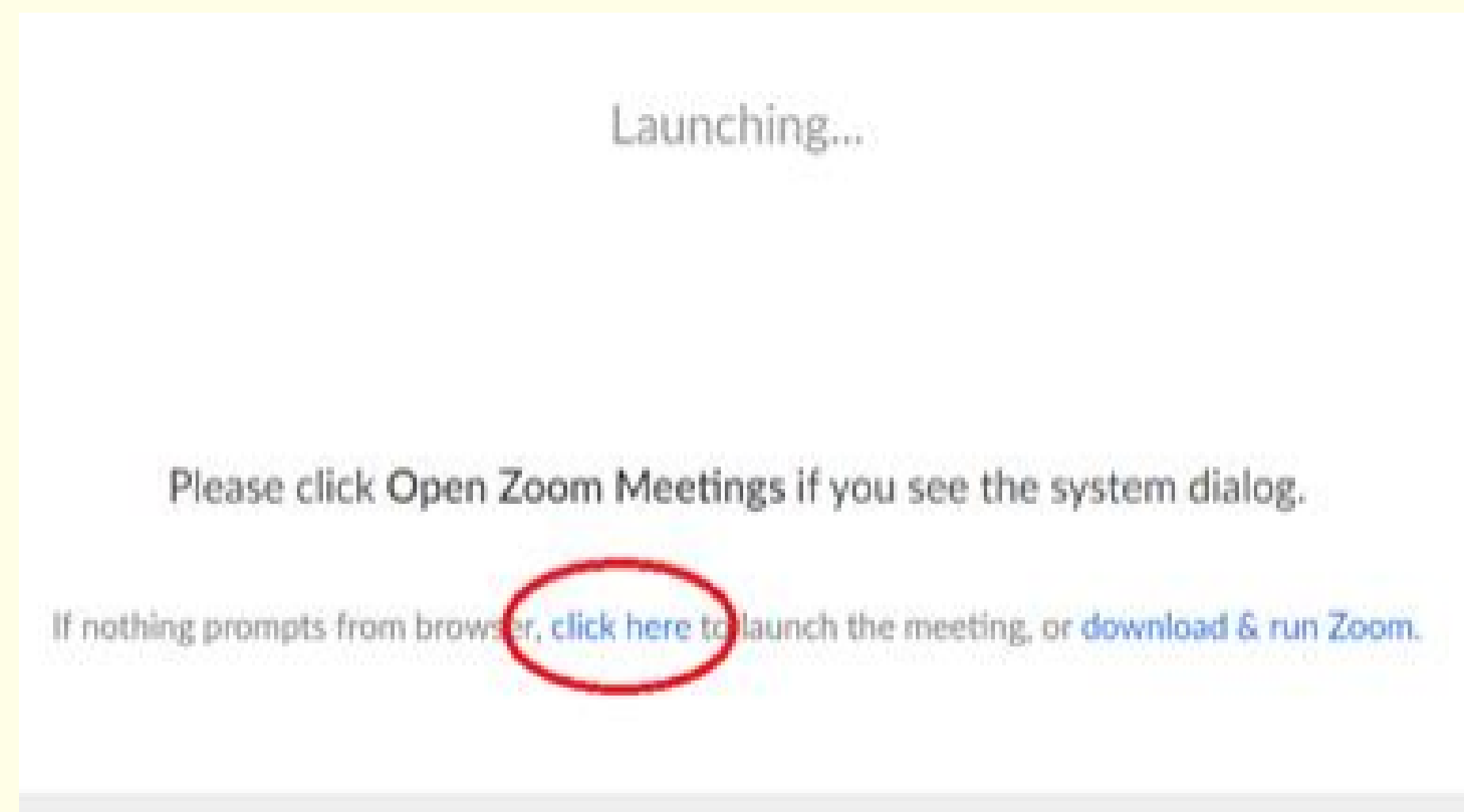
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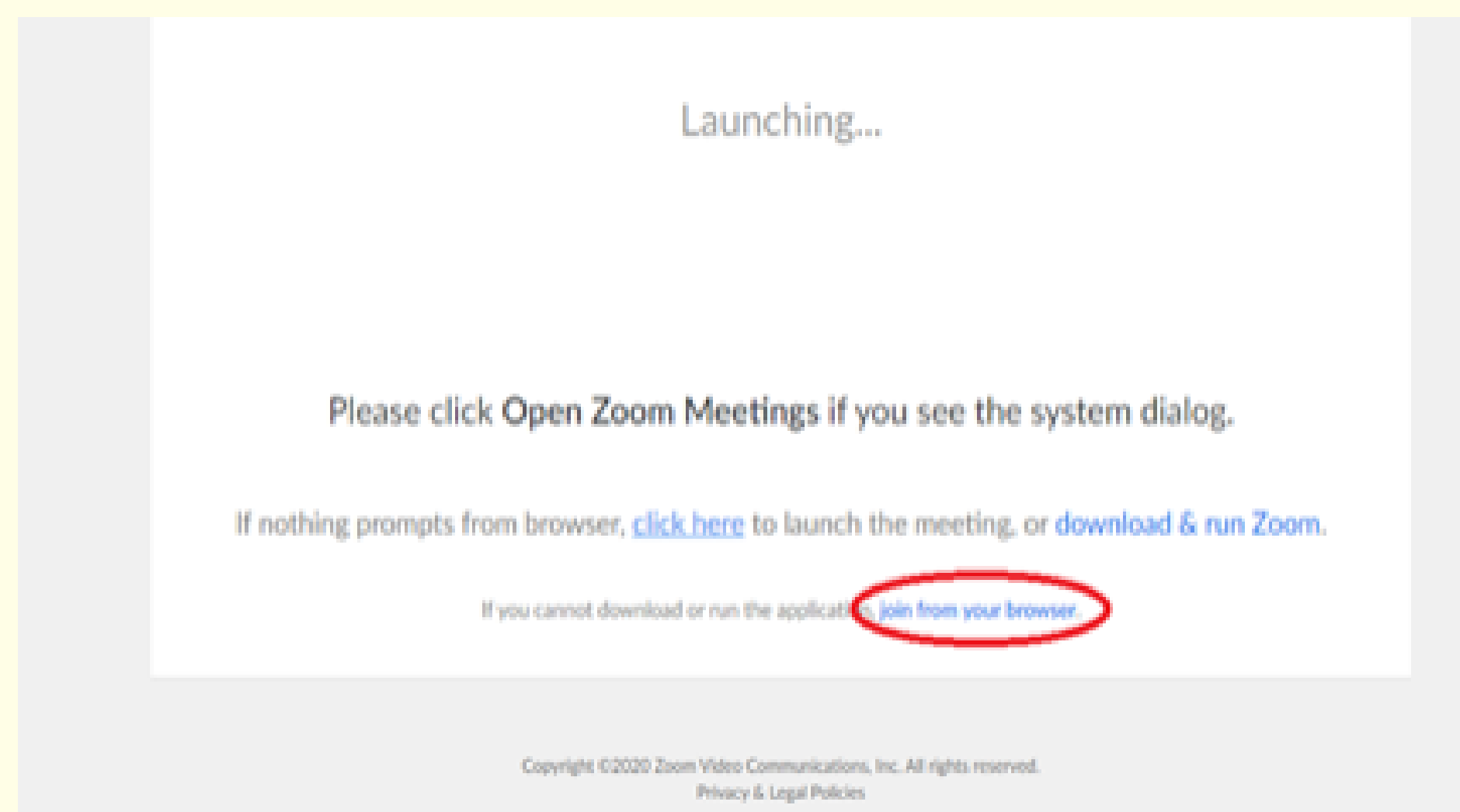
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