



Panorama Ridge Secondary School PAC Presents:



Karla Braber

Adolescent Mental Health Speaker



New Date: March 2nd



7:00 PM



**Panorama Ridge Secondary School
In the Library**

About the Speaker

Karla Braber is a seasoned professional with 35 years of experience in adolescent mental health. Her career has spanned youth custody, mental health treatment centers, and student support roles within Surrey schools. This diverse background has equipped her with a profound understanding of the challenges young individuals face and the support they need to thrive.

She is also the co-author of an international parent education program designed to enhance understanding of complex behaviors in adolescents. Her work reflects her commitment to empowering parents with the tools and knowledge necessary to support their children.

Why Attend?

- Understand adolescent behavior
- Strengthen communication and connection
- Support youth mental health and well-being
- Learn practical strategies to make a positive difference

All parents and caregivers are welcome.

We look forward to seeing you there!