

# The Brain Story

E-MENTAL HEALTH  
HIGHLIGHT

5 August 2024



**The Brain Story** is an online learning program that increases knowledge of how adverse childhood experiences impact brain development and can increase the risk for mental health and addictions and other concerns. It helps in understanding that mental health and addictions are chronic health conditions, not moral conditions or due to lack of willpower.

- A **free, in-depth course** for anyone who wants to learn more about the science of brain development.
- For those seeking a deeper understanding of **brain development** and its consequences for **lifelong health**, and for professionals seeking certification in a wide range of fields.
- Provided by the Alberta Family Wellness Initiative.
- Includes videos from more than 30 **leading experts** in neurobiology and mental health.
- **19 self-paced modules** with no set time frame to complete.
- Multiple choice **evaluation** at the end with numerous attempts to complete.
- Available in **English and French**.

## THE FOUNDATIONS OF LIFELONG HEALTH

### To Learn More

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[nl.bridgethegapp.ca](http://nl.bridgethegapp.ca)

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