

## Caregiver Education Sessions *Eastern Edge RCSD* January – May 2018

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth. Presentations are hosted in schools but are open to all adults to attend.

### **Breaking the Cycle of Anxiety: A Step by Step Approach**

(Focus is on in Kids/Teens in Kindergarten – Grade 12)

Anxiety is one of the most common mental health complaints in children and teens today. This session will distinguish between normal anxiety and anxiety that is no longer helpful or productive. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain step by step strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as tools designed to reduce anxiety.

Register for a Breaking the Cycle of Anxiety session at:

<https://www.surveymonkey.com/r/EasternEdgeCaregiverSeries>

#### **Breaking the Cycle of Anxiety**

**DATE:** Tuesday, January 30, 2018

**TIME:** 6:00-7:30pm

**LOCATION:** Salisbury Composite High School  
20 Festival Way, **Sherwood Park, AB**

**Notes:** This session is for adults only.



**Please contact the Education Team with questions or if you need to cancel your registration.**

[CYFCaregiverEducation@ahs.ca](mailto:CYFCaregiverEducation@ahs.ca)

780-415-0074

## Caregiver Education Sessions *Eastern Edge RCSD* January – May 2018

### Technology and the Teenage Brain

Technology is a huge part of our children's lives – and a common concern for most parents who are learning how to keep up in an ever changing world. Social media, video gaming, internet use and cell phones may already be topics of debate within your family. Come together to learn how this modern use of technology can impact the developing teenage brain. This session will review some of the risks but also the benefits of technology. Parents and teens will learn ways to stay safe and balanced in their use of technology to better support positive mental health.

★ Both parents and teens (grades 7 – 12) are encouraged to attend this session together. ★

Register for a Technology and the Teenage Brain session at:  
<https://www.surveymonkey.com/r/EasternEdgeCaregiverSeries>



### Technology and the Teenage Brain

**DATE:** Wednesday, February 7, 2018

**TIME:** 6:00-7:30pm

**LOCATION:** Our Lady of Perpetual Help  
School

273 Fir Street, **Sherwood Park, AB**

★ **Notes:** Parents and Teens (Grades 7 – 12)  
to attend together.

### Youth Participant Feedback

"Cool 😎 "

"Great presentation, and helpful!"

"I liked this class and found it very  
informative. Thanks!"

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with questions or if you need to  
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## Caregiver Education Sessions *Eastern Edge RCSD* January – May 2018

### Supporting Self-Regulation in Elementary School Children

Do you wish you have more information to help children handle strong emotions? Did you know that self-regulation is an essential element to lifelong success? This session will define self-regulation and how it is used in everyday life. It will provide a helpful review regarding the development of self-regulation in children. The strategies and resources provided will empower and foster caregivers' essential skills to increase children's mental health and resiliency.

Register for the Supporting Self-Regulation in Elementary School Children session at:

<https://www.surveymonkey.com/r/EasternEdgeCaregiverSeries>

#### Supporting Self-Regulation in Elementary School Children

**DATE:** Wednesday, February 28, 2018  
**TIME:** 6:00-7:30 pm  
**LOCATION:** St. John XXIII Catholic School  
9526 - 89 Fort Saskatchewan, AB  
**Notes:** This session is for adults only.



#### *Parent Participant Feedback*

*"These sessions are amazingly helpful."*

*"Thank you so much for coming out to share this knowledge with us. Great job ☺"*

*"I went to 3 of these sessions this fall and I'm very happy that I learned valuable info at each one"*

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**Caregiver Education Sessions**  
***Eastern Edge RCSD***  
January – May 2018

**More than Just a Bad Day: Understanding and Supporting Youth with Depression and Self-Injury**

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and intentionally injuring themselves. We will explore factors that contribute to depression and the motivation behind self-injurious behavior. Caregivers will learn about treatment options for depression as well as strategies to help support youth who may be engaging in self-injury.

**Register for a Depression / Self-Injury session at:**

<https://www.surveymonkey.com/r/EasternEdgeCaregiverSeries>

**More than Just a Bad Day: Understanding and Supporting Youth with Depression and Self-Injury**

**DATE:** Thursday, March 1, 2018

**TIME:** 6:00-7:30 pm

**LOCATION:** Archbishop Jordan Catholic School  
4001 Emerald Drive, Sherwood Park, AB

**Notes:** This session is for adults only.

**More than Just a Bad Day: Understanding and Supporting Youth with Depression and Self-Injury**

**DATE:** Wednesday, March 21, 2018

**TIME:** 6:00-7:30 pm

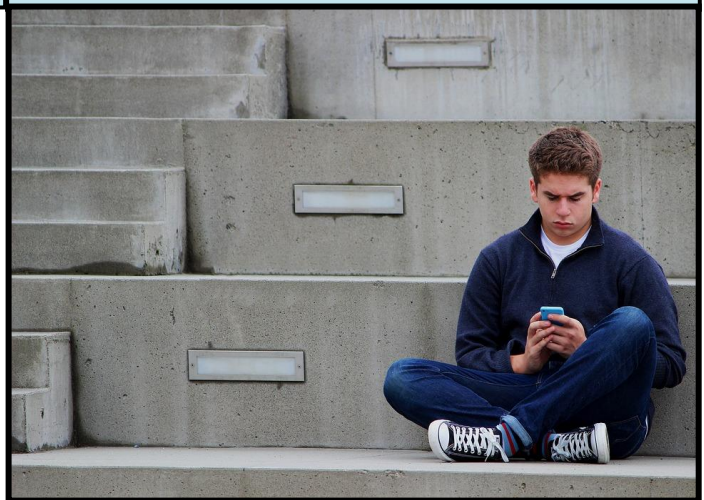
**LOCATION:** Rudolph Hennig Junior High  
9512 - 92 Street, Fort Saskatchewan, AB

**Notes:** This session is for adults only.

**Please contact the Education Team  
with questions or if you need to  
cancel your registration.**

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## Caregiver Education Sessions *Eastern Edge RCSD* January – May 2018

### Keeping Scattered Kids on Track: Supporting Children and Adolescents with Attention Deficit Hyperactivity Disorder (ADHD)

(Focus is on ADHD in Kids/Teens in Kindergarten – Grade 12)

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.

Register for an ADHD session at:

<https://www.surveymonkey.com/r/EasternEdgeCaregiverSeries>



REGISTER  
EARLY!

#### Keeping Scattered Kids on Track

**DATE:** Wednesday, April 18, 2018

**TIME:** 6:00 – 7:30 pm

**LOCATION:** Pine Street Elementary  
133 Pine Street, *Sherwood Park, AB*

**Notes:** This session is for adults only.



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**Caregiver Education Sessions**  
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**Test Anxiety: Strategies for Success**

Does your teen prepare for a test only to freeze or blank out during the test? Does your teen's anxiety hold them back from their full potential? Test and performance anxiety is very common among students. This session will help teens learn how to succeed in spite of their anxiety and help caregivers support their teens to reduce test anxiety. We will explore what happens when a student experiences test anxiety and provide practical strategies and resources for you and your teens to use to manage anxiety symptoms.

★ Both parents and teens (grade 7 – 12) are encouraged to attend this session together. ★

Register for a Test Anxiety session at:

<https://www.surveymonkey.com/r/EasternEdgeCaregiverSeries>

**Test Anxiety: Strategies for Success**

**DATE:** Tuesday, May 22, 2018

**TIME:** 6:00-7:30pm

**LOCATION:** St. John Paul II Catholic School  
9975 – 93 Avenue, **Fort Saskatchewan, AB**

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

**Test Anxiety: Strategies for Success**

**DATE:** Thursday, May 31, 2018

**TIME:** 6:00-7:30pm

**LOCATION:** Salisbury Composite High  
20 Festival Way, **Sherwood Park, AB**

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

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**Youth Participant Feedback**

"I now have good ways to calm myself down and prepare better for tests, thank you 😊"

"I wasn't sure what to expect but it was very helpful!"