

Caregiver Education Sessions

Fall Poster- September – December 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.

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/caregiversessions>

DATE: Tuesday, September 11, 2018
TIME: 6:00-7:30pm
LOCATION: Rudolph Hennig Jr. High School
9512 - 92 Street, **Fort Saskatchewan, AB**
★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

DATE: Tuesday, October 16, 2018
TIME: 5:30 – 7:00 pm
LOCATION: Kate Chegwin School
3119 - 48 Street NW, Edmonton, AB
Notes: Parents and Teens (Grades 7 – 12) to attend together. ★

DATE: Thursday, September 20, 2018
TIME: 6:00-7:30pm
LOCATION: John D. Bracco School
3150 - 139 Avenue NW, Edmonton, AB
★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

DATE: Thursday, November 22, 2018
TIME: 6:00-7:30pm
LOCATION: Florence Hallock School
16437 - 87 Street NW, Edmonton, AB
Notes: Parents and Teens (Grades 7 – 12) to attend together. ★

DATE: Thursday, September 27, 2018
TIME: 6:00-7:30pm
LOCATION: Esther Starkman School
2717 Terwillegar Way NW, Edmonton, AB
★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

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

CYFCaregiverEducation@ahs.ca
780-415-0074



Caregiver Education Sessions

Fall Poster- September – December 2018

Breaking the Cycle of Anxiety: A Step by Step Approach

Focus is on caregivers of kids and teens in grades K-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/caregiversessions>

DATE: Tuesday, September 18, 2018 TIME: 6:00-7:30pm LOCATION: Holy Trinity School 7007 - 28 Avenue, Edmonton, AB Notes: This session is for adults only.	DATE: Tuesday, October 9, 2018 TIME: 6:00-7:30pm LOCATION: Hillview School 355 Woodvale Road E NW, Edmonton, AB Notes: This session is for adults only.
DATE: Tuesday, September 18, 2018 TIME: 6:00-7:30pm LOCATION: Duffield School 1 Main Street, Duffield, AB Notes: This session is for adults only.	DATE: Thursday, October 11, 2018 TIME: 4:30 – 6:00pm LOCATION: Progressive Academy 13212 - 106 Avenue NW, Edmonton, AB Notes: This session is for adults only.
DATE: Tuesday, October 2, 2018 TIME: 6:00-7:30pm LOCATION: Gold Bar School 10524 - 46 Street NW, Edmonton, AB Notes: This session is for adults only.	DATE: Wednesday, October 17, 2018 TIME: 6:00-7:30pm LOCATION: Christ the King School 180 McConachie Drive NW, Edmonton, AB Notes: This session is for adults only.
DATE: Thursday, October 4, 2018 TIME: 6:00-7:30pm LOCATION: Avalon School 5425 - 114 Street NW, Edmonton, AB Notes: This session is for adults only.	DATE: Thursday, October 25, 2018 TIME: 5:30 – 7:00 pm LOCATION: Father Michael Mireau School 3010 Spence Wynd SW, Edmonton, 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

780-415-0074

Caregiver Education Sessions

Fall Poster- September – December 2018

Transitions Big and Small: Supporting Kids through Change

Are you tired of the daily battle of getting your child to transition from one activity to another? Or worried about an upcoming transition in your child's life? Transitions, big and small, can be really challenging for both kids and caregivers; this is because all transitions involve change, and change can be a time of stress for anyone! In this presentation, you will learn about common transitions that children and youth experience, why transitions are so challenging, and what caregivers can do to make them go more smoothly. More specifically, we will explore how to plan for large transitions, review tips and tools to make small transitions smoother, and discuss strategies for managing the stress and anxiety that can accompany transitions.

Register for a Transitions Big and Small session at:
<https://www.surveymonkey.com/r/caregiversessions>

DATE: Wednesday, September 19, 2018
TIME: 4:30 – 6:00 pm
LOCATION: Progressive Academy
13212 - 106 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, October 23, 2018
TIME: 6:00-7:30pm
LOCATION: James Gibbons School
8945 - 153 Street, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, September 26, 2018
TIME: 6:00-7:30pm
LOCATION: Dovercourt School
13910 - 122 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, October 2, 2018
TIME: 6:00-7:30pm
LOCATION: High Park School
40 Highridge Way, **Stony Plain, AB**
Notes: This session is for adults only.

DATE: Wednesday, October 10, 2018
TIME: 6:00-7:30pm
LOCATION: Queen Alexandra School
7730 - 106 Street, Edmonton, 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
780-415-0074

Caregiver Education Sessions

Fall Poster- September – December 2018

Cannabis 101

Focus is on Caregivers of Teens Grades 7-12

Marijuana, legal or not, is a topic significantly affecting today's youth. This session will help caregivers navigate the ever-changing landscape of marijuana today; a lot has changed since the 60s. It will provide caregivers with balanced information on marijuana and its effects, including the impact on the adolescent developing brain. Learn how to openly approach the subject with teens and support them to make informed decisions.

Register for a Cannabis 101 session at:

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

DATE: Tuesday, September 25, 2018

TIME: 5:00 – 6:30 pm

LOCATION: Jasper Place High School
8950 - 163 Street NW, Edmonton, AB

Notes: This session is for adults only.

DATE: Tuesday, October 30, 2018

TIME: 6:00-7:30pm

LOCATION: Rosslyn School
13215 - 113A Street NW, Edmonton, AB

Notes: This session is for adults only.

DATE: Wednesday, October 3, 2018

TIME: 6:00-7:30pm

LOCATION: Louis St. Laurent School
11230 - 43 Avenue, Edmonton, AB

Notes: This session is for adults only.

DATE: Tuesday, October 9, 2018

TIME: 6:00-7:30pm

LOCATION: Rudolf Hennig Jr. High School
9512 - 92 Street, **Fort Saskatchewan, AB**

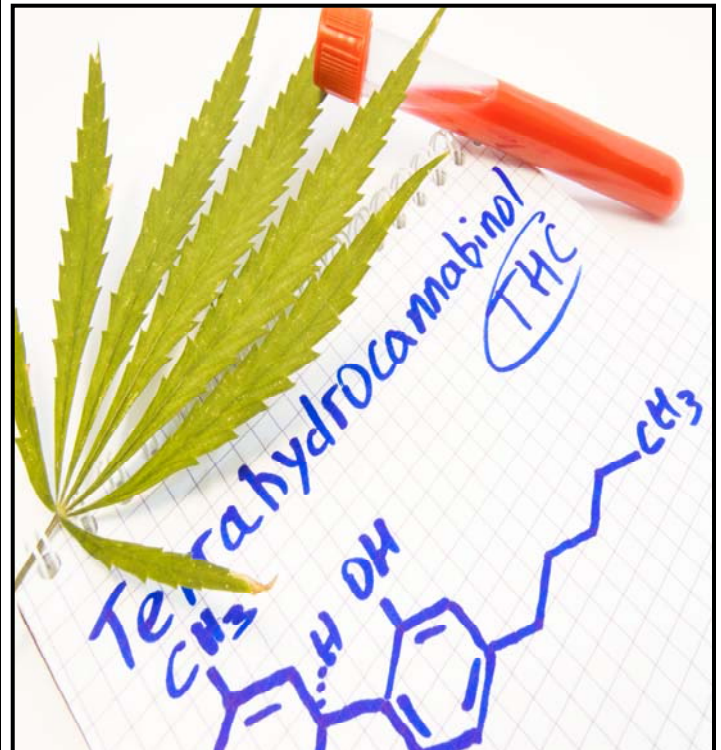
Notes: This session is for adults only.

DATE: Wednesday, October 24, 2018

TIME: 5:00 – 6:30 pm

LOCATION: Westminster School
13712 - 104 Avenue NW, Edmonton, 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

780-415-0074

Caregiver Education Sessions

Fall Poster- September – December 2018

Parenting Teens in the 21st Century: Respectful Limit Setting with Adolescents

Focus is on caregivers of teens grades 7-12

Wondering how you'll survive the teen years? Parenting teens is harder than ever for most parents today. In this session you will explore the challenges of being a teenager and parenting a teenager. You will learn how to establish healthy, respectful boundaries with your teen so that you can spend less time arguing and more time enjoying each other's company.

Register for a Parenting Teens in the 21st Century session at:
<https://www.surveymonkey.com/r/caregiversessions>

DATE: Tuesday, September 25, 2018
TIME: 6:00-7:30pm
LOCATION: École Leduc Jr. High School
4412 - 48 Street, **Leduc, AB**
Notes: This session is for adults only.

DATE: Wednesday, October 17, 2018
TIME: 6:00-7:30pm
LOCATION: Strathcona County Family and
Community Services
#200, 501 Festival Avenue, **Sherwood Park, AB**
Notes: This session is for adults only.

DATE: Thursday, October 18
TIME: 6:00-7:30pm
LOCATION: John D. Bracco School
3150 - 139 Avenue NW, Edmonton, AB
Notes: This session is for adults only.



Parent Participant Feedback

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

**REGISTER
EARLY!**

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

CYFCaregiverEducation@ahs.ca
780-415-0074

Caregiver Education Sessions

Fall Poster- September – December 2018

Parenting Strategies that Promote Positive Mental Health and Build Resiliency in Elementary School Children

Focus is on caregivers of kids grades K-6

Approximately 1 in 5 Canadian children are affected by a mental health issue. Explore factors that contribute to mental health and wellness, and learn how you can be your child's greatest mental health asset by using strategies that promote their mental health and wellness. Learn about the different types of stress and how some stress can be helpful in building children's resiliency and future success.

Register for the Parenting Strategies that Promote Positive Mental Health session at:
<https://www.surveymonkey.com/r/caregiversessions>

DATE: Tuesday, November 6, 2018 TIME: 6:00-7:30pm LOCATION: Grandin School 9844 - 110 Street NW, Edmonton, AB Notes: This session is for adults only.	DATE: Wednesday, November 21, 2018 TIME: 4:30 – 6:00 pm LOCATION: St. Timothy Catholic School 14330 - 117 Street NW, Edmonton, AB Notes: This session is for adults only.
DATE: Thursday, November 8, 2018 TIME: 6:00-7:30pm LOCATION: Forest Heights School 10304 - 81 Street NW, Edmonton, AB Notes: This session is for adults only.	DATE: Wednesday, November 28, 2018 TIME: 4:30-6:00 pm LOCATION: Progressive Academy 13212 - 106 Avenue NW, Edmonton, AB Notes: This session is for adults only.
DATE: Wednesday, November 14, 2018 TIME: 6:00-7:30pm LOCATION: Robina Baker School 1 Jasper Court South, Devon, AB Notes: This session is for adults only.	DATE: Thursday, November 29, 2018 TIME: 6:00-7:30pm LOCATION: George H. Luck School 300 Bulyea Road, Edmonton, AB Notes: This session is for adults only
DATE: Tuesday, November 20, 2018 TIME: 6:00-7:30pm LOCATION: École Coloniale Estates School 37 Coloniale Way, Beaumont, AB Notes: This session is for adults only.	DATE: Wednesday, December 5, 2018 TIME: 6:00-7:30pm LOCATION: Queen Alexandra School 7730 - 106 Street NW, Edmonton, 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

780-415-0074

Caregiver Education Sessions

Fall Poster- September – December 2018

Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD

Focus is on caregivers of kids and teens grades K-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/caregiversessions>

DATE: Thursday, November 1, 2018
TIME: 6:00-7:30pm
LOCATION: Calder School
12950 - 118 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, November 7, 2018
TIME: 6:00-7:30pm
LOCATION: Donnan School
7803 - 87 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, November 20, 2018
TIME: 6:00-7:30pm
LOCATION: Holy Trinity School
7007 - 28 Avenue NW, Edmonton, AB
Notes: This session is for adults only.



Parent Participant Feedback

"Incredibly informative presentation, I walked away with a better understanding [of ADHD]"

"I was really happy to learn this session existed. The information was helpful and clear. Thanks!"

"Well presented, informative, and positive. We can incorporate the strategies right away. Thank you."

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

CYFCaregiverEducation@ahs.ca

780-415-0074

Caregiver Education Sessions

Fall Poster- September – December 2018

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

Focus is on caregivers of teens grades 7-12

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/caregiversessions>

DATE: Wednesday, November 7, 2018
TIME: 6:00-7:30pm
LOCATION: St. Andre Bessette School
8300 Southfort Drive, **Fort Saskatchewan AB**
Notes: This session is for adults only.

DATE: Tuesday, November 27, 2018
TIME: 5:30 – 7:00 pm
LOCATION: Edith Rogers School
8308 Mill Woods Road NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Thursday, December 6, 2018
TIME: 6:00-7:30pm
LOCATION: Louis St. Laurent School
11230 - 43 Avenue, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, December 12, 2018
TIME: 6:00-7:30pm
LOCATION: Esther Starkman School
2717 Terwillegar Way NW, Edmonton, AB
Notes: This session is for adults only.



Parent Participant Feedback

*"These sessions are
amazingly helpful."*

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

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

CYFCaregiverEducation@ahs.ca

780-415-0074

Caregiver Education Sessions

Fall Poster- September – December 2018

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/caregiversessions>

DATE: Thursday, November 15, 2018

TIME: 5:30 – 7:00 pm

LOCATION: Father Michael Mireau School
3010 Spence Wynd SW, Edmonton, AB

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

DATE: Tuesday, December 4, 2018

TIME: 5:00 – 6:30 pm

LOCATION: Jasper Place High School
8950 - 163 Street NW, Edmonton, AB

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



Youth Participant Feedback

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

"Despite being dragged along, I believe I took something quite useful away from this talk."

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

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

CYFCaregiverEducation@ahs.ca

780-415-0074