

Caregiver Education Team Newsletter

March 2023



Alberta Health Services is proud to offer **FREE** online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Parenting Teens in the 21st Century

For parents and caregivers of youth in grades 7-12

Part 1:

Tuesday, March 7
12:00 – 1:00 pm

Part 2:

Tuesday, March 14
12:00 – 1:00 pm

Test Anxiety

Strategies for Success

For parents and teens (grades 7-12) to attend together

Wednesday, March 15
6:00 – 7:30 pm

Keeping Scattered Kids on Track

Supporting Children and Youth with ADHD

For parents and caregivers of children and youth in grades K-12

Wednesday, March 22
6:00 – 7:30 pm

Adult Education Sessions

More than Just a Bad Day

Understanding Depression

For adults supporting their own wellness or the wellness of youth (grades 7-12)

Wednesday, March 15
12:00 – 1:00 pm

Understanding Anxiety Series

For adults supporting their own wellness or the wellness of children and youth.

Part 1:

An Introduction

Tuesday, March 21
12:00 – 1:00 pm

Part 2:

Calming Our Bodies

Tuesday, March 28
12:00 – 1:00 pm

Participant Feedback:

"I was really impressed with the presenters and increased my knowledge on this topic."

"The instructors are well versed and how they teach is most effective, there is compassion and warmth and that makes a big difference. Thank you."

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

March 2023



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parenting Teens in the 21st Century Respectful Limit Setting for Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Teen Development and Challenges

In this one-hour Lunch & Learn webinar, we will look the challenges of both being and raising a teenager. We will look at some of the unique factors that today's teens face and how their development in these key years impacts their behaviours and relationships.

Date: Tuesday, March 7, 2023

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12, for adults only.

Part 2: Parent Responsiveness

In this one-hour Lunch & Learn webinar, we will discuss parenting strategies to promote healthy teenage development with a focus on relationship, communication, and respectful limit setting.

Date: Tuesday, March 14, 2023

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12, for adults only.

Participant Feedback:

"These sessions are great. They're helpful and well-articulated, and feel like a two-way conversation with all the invitations to participate throughout."

"I like the noon hour lunch and learns a lot!"

"This session was very informative and helpful."

Caregiver Education Sessions

March 2023



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Test Anxiety Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Wednesday, March 15, 2023

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

This session will discuss common signs and symptoms of attention deficit hyperactivity disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Date: Wednesday, March 22, 2023

Time: 6:00 – 7:30 pm

For caregivers of children and youth in grades K-12; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

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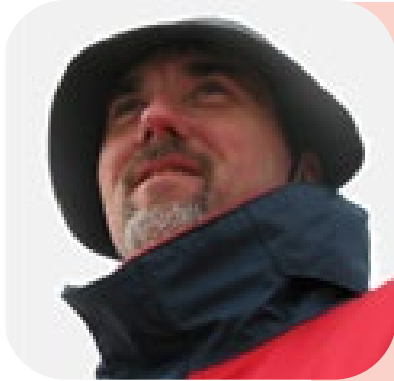
Participant Feedback:

“My 15-year-old son liked the interactive parts for both parents and teens - kept us both engaged.”

“I am very happy with everything in these education sessions. It is great and helpful ! [The presenters] are amazing for the virtual delivery, clear and kind.”

Adult Education Sessions

March 2023



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

More than Just a Bad Day

Understanding Depression

In this session, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Wednesday, March 15, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of youth (grades 7-12)

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their loved one may be experiencing anxiety.

Date: Tuesday, March 21, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a child, youth, or loved one.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves and those we care for.

Date: Tuesday, March 28, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a child, youth, or loved one.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

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Participant Feedback:

"The time of the sessions are just great - time and length."

"Team presenting were great, loved the info provided, so helpful. Feel like I have a whole new set of tools and reenergized."

"I love these sessions - so informative and topics that are relevant and timely - thank you!"



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