

Caregiver Education Team Newsletter

April 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.

Adult Education Sessions

Understanding Anxiety Series

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

Part 3: Settling Our Minds

Tuesday, April 4
12:00 – 1:00 pm

Part 4: Overcoming Avoidance

Tuesday, April 18
12:00 – 1:00 pm

Substance Use A Harm Reduction Approach

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, April 5
6:00 – 7:30 pm

Caregiver Education Sessions

Building Executive Functioning Skills *Supporting Success in Learning*

For parents and caregivers of children in grades K-6

Part 1:
Wednesday, April 19
12:00 – 1:00 pm

Part 2:
Tuesday, April 25
12:00 – 1:00 pm

Participant Feedback:

“...the quality of the presentation and the warmth of the presenters, even over Zoom, was really impressive.”

“Well presented...very knowledgeable and clear. Videos were great. Thank you!”

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

April 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

Building Executive Functioning Skills

Promoting Success in Learning

In these Lunch & Learn webinars, we will review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Part 1: The Impact of Executive Functioning

In this session, we will look at what executive functions are, their importance in our daily lives, and how executive skill difficulties may impact our children.

Date: Wednesday, April 19, 2023

12:00 – 1:00 pm

For caregivers of children in grades K-6; for adults only.

Part 2: Supporting Executive Functioning Development

In this session, we will focus on three foundational executive functions and strategies for supporting our children as they grow in their skills.

Date: Tuesday, April 25, 2023

12:00 – 1:00 pm

For caregivers of children in grades K-6; for adults only.

Participant Feedback:

"Thanks for these sessions, all the ones I've attended over the last 3 months have been helpful."

"This was a great session with a lot of information."

"I enjoy that the sessions are over lunch - provides good information over this short period."

Adult Education Sessions

April 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.

Understanding Anxiety Series

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Tuesday, April 4, 2023

Time: 12:00 – 1:00 pm

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

Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will discuss ways to manage stressful situations in steps and effective coping skills.

Date: Tuesday, April 18, 2023

Time: 12:00 – 1:00 pm

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

Substance Use

A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances, the science behind addiction, and the many benefits of harm reduction. We will discuss strategies to support loved ones who may be using substances, through understanding and courageous conversations.

Date: Wednesday, April 5, 2023

Time: 6:00 – 7:30 pm

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

www.cyfcaregivereducation.ca

Participant Feedback:

“...it was very well put together and implemented. Was educational but also fun.”

“The fact the facilitators answered questions is extremely beneficial.”

“Very interesting and informative. Lots of practical strategies and signs to look for.”



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