

Caregiver Education Team Newsletter

October 2022



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

Respectful Limit Setting with Adolescents

For parents and caregivers of youth in grades 7-12

Part 1:

Wednesday, October 5
12:00 – 1:00 pm

Part 2:

Wednesday, October 12
12:00 – 1:00 pm

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

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

Part 1:

Wednesday, October 19
12:00 – 1:00 pm

Part 2:

Wednesday, October 26
12:00 – 1:00 pm

Adult Education Sessions

Understanding Anxiety Series

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

Part 1:

An Introduction

Tuesday, October 4
12:00 – 1:00 pm

Part 2:

Calming Our Bodies

Tuesday, October 11
12:00 – 1:00 pm

Part 3:

Settling Our Minds

Tuesday, October 18
12:00 – 1:00 pm

Part 4:

Overcoming Avoidance

Tuesday, October 25
12:00 – 1:00 pm

Participant Feedback

"I am so happy this session was available. Many great tools were offered and will be used. Very thankful for the succinct and useful information."

"Great session; appropriate length; helpful videos; great use of chat to engage participants in the discussion."

"The session was very informative, and the speakers were great."

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

October 2022



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

Participant Feedback:

"These sessions are very well done and seem to surface when our family needs them most. Thank you!"

"...I appreciate the parent portion sharing of challenges and success. It validates what others are going through and reminds us to also look for the positive."

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

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

Part 1: Wednesday, October 5, 2022

Time: 12:00 – 1:00 pm

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

Part 1: Wednesday, October 12, 2022

Time: 12:00 – 1:00 pm

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

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come to this **Lunch & Learn session** and learn about the signs and symptoms of ADHD, ways that ADHD impacts achievement, self-worth, and relationships in children and youth, and strategies to support success.

Part 1: Wednesday, October 19, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

Part 1: Wednesday, October 26, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.



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Adult Education Sessions

October 2022



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 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 child/youth may be experiencing anxiety.

Date: Tuesday, October 4, 2022

Time: 12:00 – 1:00 pm

Note: For adults only.

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, children, and youth.

Date: Tuesday, October 11, 2022

Time: 12:00 – 1:00 pm

Note: For adults only.

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, October 18, 2022

Time: 12:00 – 1:00 pm

Note: For adults only.

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, October 25, 2022

Time: 12:00 – 1:00 pm

Note: 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:

www.cyfcaregivereducation.ca

Participant Feedback:

"I appreciate that they are scheduled at the time I can usually take a lunch hour break."

"Very professional, great information, super helpful - thank you!"

"I really appreciated it all your seminars, all the things I learned it really helps me to become a better version of myself."



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