

## Caregiver Education Sessions

Fall Poster – September – October 2017

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.

### Parenting Strategies that Promote Positive Mental Health and Builds Resiliency in Elementary School Children (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>

Please see below for dates, times, and locations for this session.

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

**DATE:** Wednesday, September 20, 2017

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

**LOCATION:** Gold Bar School

10524 – 46 Street NW, Edmonton, AB

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

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

**DATE:** Tuesday, October 10, 2017

**TIME:** 5:00-6:30pm

**LOCATION:** Belgravia School

11605 – 74 Avenue NW, Edmonton, AB

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

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

**DATE:** Wednesday, October 18, 2017

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

**LOCATION:** St. Benedicts School

18015 – 93 Avenue NW, Edmonton, AB

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

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

**DATE:** Tuesday, October 24, 2017

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

**LOCATION:** Coronation School

10925 – 139 Street NW, Edmonton, AB

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

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

**DATE:** Wednesday, October 25, 2017

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

**LOCATION:** Centennial School

17420 – 57 Avenue NW, Edmonton, AB

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

Please note you will not receive an automatic email confirmation when you register.

Email reminders will be sent out within the week of each session to those registered.

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

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

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## Caregiver Education Sessions

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**REGISTER  
EARLY!**

### Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents (Grade 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 21<sup>st</sup> Century session at:**

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

Please see below for dates, times, and locations for this session.

#### Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents

**DATE:** Tuesday, September 26, 2017

**TIME:** 5:00-6:30pm

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

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

#### Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents

**DATE:** Wednesday, September 27, 2017

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

**LOCATION:** Rosslyn School  
13215 – 113A Street, Edmonton, AB

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

#### Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents

**DATE:** Wednesday, October 11, 2017

**TIME:** 5:30-7:00pm

**LOCATION:** H.E. Beriault School  
8125 – 167 Street NW, Edmonton, AB

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

#### Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents

**DATE:** Tuesday, October 17, 2017

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

**LOCATION:** Westminster Junior High School  
13712 – 104 Avenue NW, Edmonton, AB

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

#### Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents

**DATE:** Thursday, October 19, 2017

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

**LOCATION:** John D. Bracco School  
3150 – 139 Avenue, Edmonton, AB

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



## 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/caregiversessions>

Please see below for dates, times, and locations for this session.

#### Test Anxiety: Strategies for Success

**DATE:** Tuesday, October 3, 2017

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

**LOCATION:** Mount Pleasant School  
10541 – 60A Avenue NW, Edmonton, AB

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

#### Test Anxiety: Strategies for Success

**DATE:** Wednesday, October 4, 2017

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

**LOCATION:** Queen Elizabeth High School  
9425 – 132 Avenue NW, Edmonton, AB

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

#### Youth Participant Feedback

*"I learned many different tips to keep myself positive before, during and after the tests and to not cram everything in last minute like I usually do because that doesn't help your memory at all."*

*"I learned that it is more common than I thought and how to use my senses to calm myself down. I had read that you can write things down to help you calm down and now I know it's true."*

If a youth is unable to attend the Test Anxiety session with their parent, the adult is welcome to come on their own.

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

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## Caregiver Education Sessions

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### 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/caregiversessions>

Please see below for dates, times, and locations for this session.

#### Breaking the Cycle of Anxiety

**DATE:** Thursday, October 5, 2017

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

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

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

#### Breaking the Cycle of Anxiety

**DATE:** Thursday, October 12, 2017

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

**LOCATION:** Avalon School  
5425 – 114 Street NW, Edmonton, AB

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

#### Breaking the Cycle of Anxiety

**DATE:** Thursday, October 26, 2017

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

**LOCATION:** St. Francis Xavier High School  
9250 – 163 Street, Edmonton, AB

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



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## Caregiver Education Sessions

Fall Poster – November – December 2017

### 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. Parents and teens (grades 7-12) are encouraged to attend this session together.

★ **Both parents and teens (grades 7 – 9) are encouraged to attend this session together.**

**Register for a Technology and the Teenage Brain session at:**

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

Please see below for dates, times, and locations for this session.

#### Technology and the Teenage Brain

**DATE:** Tuesday, November 7, 2017

**TIME:** 5:00-6:30pm

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

★ **Notes:** Parents and Teens (Grades 7 – 9) to attend together.

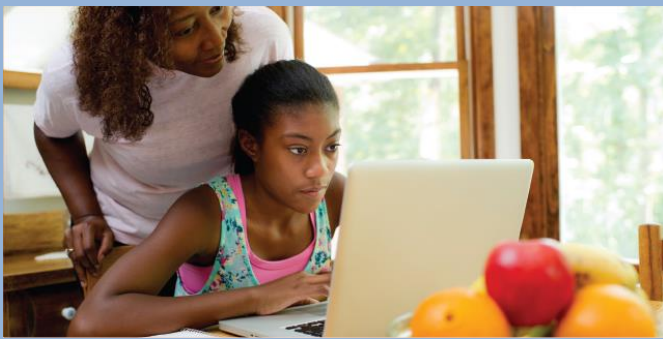
#### Technology and the Teenage Brain

**DATE:** Thursday, November 23, 2017

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

**LOCATION:** John D. Bracco School  
3150 – 139 Avenue NW, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 9) to attend together.



#### Technology and the Teenage Brain

**DATE:** Wednesday, November 29, 2017

**TIME:** 5:30-7:00pm

**LOCATION:** H.E. Beriault School  
8125 – 167 Street NW, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 9) to attend together.

#### Technology and the Teenage Brain

**DATE:** Tuesday, December 5, 2017

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

**LOCATION:** St. Cecilia School  
8830 – 132 Avenue NW, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 9) to attend together.

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

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## Caregiver Education Sessions

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### 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/caregiversessions>

Please see below for dates, times, and locations for this session.

#### Keeping Scattered Kids on Track

**DATE:** Tuesday, November 21, 2017

**TIME:** 6:00 – 7:30 pm

**LOCATION:** Riverdale

8901 – 101 Avenue NW, Edmonton, AB

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

#### Keeping Scattered Kids on Track

**DATE:** Thursday, November 30, 2017

**TIME:** 5:00 – 6:30 pm

**LOCATION:** Our Lady of the Prairies School

17655 – 64 Avenue NW, Edmonton, AB

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



**REGISTER  
EARLY!**

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## Caregiver Education Sessions

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### 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/caregiversessions>

Please see below for dates, times, and locations for this session.

<b>Supporting Self-Regulation in Elementary School Children</b>  <b>DATE:</b> Tuesday, November 14, 2017 <b>TIME:</b> 6:00-7:30 pm <b>LOCATION:</b> Calder School 12950 – 118 Street NW, Edmonton, AB <b>Notes:</b> This session is for adults only.	<b>Supporting Self-Regulation in Elementary School Children</b>  <b>DATE:</b> Thursday, November 16, 2017 <b>TIME:</b> 5:30-7:00 pm <b>LOCATION:</b> Lee Ridge School 440 Millbourne Rd E NW, Edmonton, AB <b>Notes:</b> This session is for adults only.
<b>Supporting Self-Regulation in Elementary School Children</b>  <b>DATE:</b> Wednesday, November 22, 2017 <b>TIME:</b> 6:00-7:30 pm <b>LOCATION:</b> Holy Spirit Catholic School 100 Michigan Street, <b>Devon</b> , AB <b>Notes:</b> This session is for adults only.	<b>Supporting Self-Regulation in Elementary School Children</b>  <b>DATE:</b> Tuesday, November 28, 2017 <b>TIME:</b> 6:00-7:30 pm <b>LOCATION:</b> Coronation School 10925 – 139 Street NW, Edmonton, AB <b>Notes:</b> This session is for adults only.
<b>Supporting Self-Regulation in Elementary School Children</b>  <b>DATE:</b> Wednesday, December 6, 2017 <b>TIME:</b> 6:00-7:30 pm <b>LOCATION:</b> Clara Tyner School 9420 Ottewell Road NW, Edmonton, AB <b>Notes:</b> This session is for adults only.	<b>Supporting Self-Regulation in Elementary School Children</b>  <b>DATE:</b> Thursday, December 7, 2017 <b>TIME:</b> 6:00-7:30 pm <b>LOCATION:</b> Parkallen School 6703 – 112 Street NW, Edmonton, AB <b>Notes:</b> 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) or 780-415-0074

## Caregiver Education Sessions

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### 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/caregiversessions>

Please see below for dates, times, and locations for this session.

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

**DATE:** Wednesday, November 15, 2017

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

**LOCATION:** Queen Elizabeth High School  
9425 – 132 Avenue NW, Edmonton, AB

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

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

**DATE:** Tuesday, December 12, 2017

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

**LOCATION:** Westminister Junio High School  
13712 – 104 Avenue NW, Edmonton, 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. I think it's great these types of sessions are available for free for parents/community members. Great job ☺ Handout was awesome – thank you for providing that."*