

## Caregiver Education Sessions

### Winter Session / January – April 2019

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.

### Promoting Success in Learning by Building Executive Functioning Skills

Take a peek inside the developing brain of a child to learn about the processes that enable kids to engage in problem solving and goal directed behaviors. These executive functioning skills are considered to be essential for children to succeed in school and later in life. Learn about these skills and how they impact learning, behavior, emotions, and social interactions. Caregivers will be provided with strategies and resources to assist their children in building their executive functioning skills, including inhibition, working memory and mental flexibility.

**Register at:**

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca) or [www.surveymonkey.com/r/caregiversessions](http://www.surveymonkey.com/r/caregiversessions)

**DATE:** Wednesday, January 9, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Earl Buxton School  
250 Rhatigan Road E, NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, February 13, 2019  
**TIME:** 6:00 - 7:30 pm  
**LOCATION:** Grandin School  
9844 110 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, January 16, 2019  
**TIME:** 6:00 - 7:30 pm  
**LOCATION:** Dovercourt School  
13910 122 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Tuesday, February 19, 2019  
**TIME:** 6:00 - 7:30 pm  
**LOCATION:** Calder School  
12950 118 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, January 23, 2019  
**TIME:** 6:00 - 7:30 pm  
**LOCATION:** New Horizons School  
1000 Strathcona Drive, **Sherwood Park, AB**  
**Notes:** This session is for adults only.

**DATE:** Wednesday, February 6, 2019  
**TIME:** 6:00 - 7:30 pm  
**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](mailto:CYFCaregiverEducation@ahs.ca)

780-415-0074

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### 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. ★

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**DATE:** Thursday, January 10, 2019

**TIME:** 6:00 – 7:30 pm

**LOCATION:** Lillian Osborne School  
2019 Leger Road, NW, Edmonton, AB

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

**DATE:** Tuesday, January 22, 2019

**TIME:** 6:00 – 7:30 pm

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

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

**DATE:** Thursday, January 31, 2019

**TIME:** 5:30 – 7:00 pm

**LOCATION:** Sister Annata Brockman School  
355 Hemingway Road NW, Edmonton, AB

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

**DATE:** Tuesday, February 5, 2019

**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.



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#### *Parent Participant Feedback*

*Great presentation! Loved the fact  
that it was geared to both  
parents and teens.*

## Caregiver Education Sessions

### Winter Session / January – April 2019

### 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.

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**DATE:** Tuesday, January 15, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Forest Heights School  
10304 81 Street, Edmonton, AB  
**Notes:** This session is for adults only.

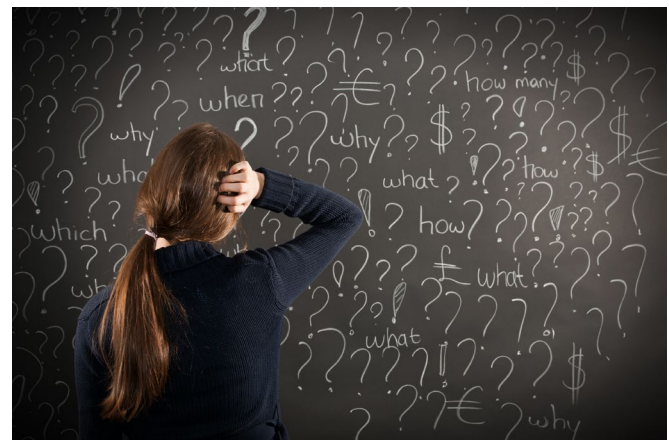
**DATE:** Tuesday, February 26, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Louis St. Laurent School  
11230 43 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only

**DATE:** Thursday, January 24, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Florence Hallock School  
16437 87 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, February 27, 2019  
**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:** Tuesday, January 29, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Donnan School  
7803 – 87 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Thursday, February 21, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Parkallen School  
6703 112 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.



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## Caregiver Education Sessions

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### Sleeping Your Way to Better Mental Health

*Focus is on caregivers of kids and teens in grades K-12*

Come and learn the importance of sleep on your child's developing brain. Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and factors that influence your child's ability to get the sleep they need. Leave with practical strategies, tools, and resources to promote healthier sleep habits for your whole family.

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**DATE:** Thursday, January 17, 2019  
**TIME:** 5:30 – 7:00 pm  
**LOCATION:** WP Wagner School  
6310 Wagner Road NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Tuesday, February 12, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Archbishop Jordan High School  
4001 Emerald Dr., **Sherwood Park, AB**  
**Notes:** This session is for adults only.

**DATE:** Wednesday, January 30, 2019  
**TIME:** 5:30 – 7:00 pm  
**LOCATION:** TD Baker School  
1750 Mill Woods Road East, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, February 20, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Holy Spirit Catholic School  
100 Michigan Street, **Devon, AB**  
**Notes:** This session is for adults only.

**DATE:** Tuesday, February 12, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Holy Trinity School  
7007 28 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.



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## Caregiver Education Sessions

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### 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.

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**DATE:** Tuesday, February 5, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Tomahawk School  
6119 Township Rd 512, **Tomahawk, AB**  
**Notes:** This session is for adults only.

**DATE:** Wednesday, April 24, 2019  
**TIME:** 5:30 – 7:00 pm  
**LOCATION:** Kate Chegwin School  
3119 48 Street, NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Thursday, March 7, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Esther Starkman School  
2717 Terwillegar Way NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Thursday, March 21, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** John D. Bracco School  
3150 139 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, April 10, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Centennial School  
17420 57 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]”*

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## Caregiver Education Sessions

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### Supporting Self-Regulation in Elementary School Children

*Focus is on caregivers of kids in elementary school (K-6)*

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 at:**

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**DATE:** Tuesday, March 5, 2019  
**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:** Wednesday, March 13, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** École Leduc Estates School  
95 Alton Drive, **Leduc, AB**  
**Notes:** This session is for adults only.

**DATE:** Tuesday, April 23, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Wabamun School  
5305 50 Street, **Wabamun, 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. “*

**REGISTER  
EARLY!**

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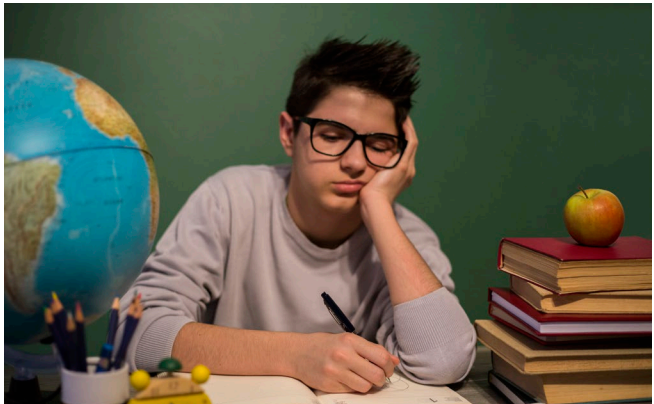
### Test Anxiety: Strategies for Success

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* ★

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<p><b>DATE:</b> Tuesday, March 12, 2019  <b>TIME:</b> 6:00 – 7:30 pm  <b>LOCATION:</b> Holy Trinity School            7007 28 Avenue NW, Edmonton, AB  <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>	<p><b>DATE:</b> Wednesday, April 17, 2019  <b>TIME:</b> 6:00 – 7:30 pm  <b>LOCATION:</b> Salisbury Composite High School            20 Festival Way, <b>Sherwood Park, AB</b>  <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>
<p><b>DATE:</b> Thursday, March 14, 2019  <b>TIME:</b> 5:30 – 7:00 pm  <b>LOCATION:</b> W.P. Wagner School            6310 Wagner Road NW, Edmonton, AB  <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together</p>	<p><b>DATE:</b> Tuesday, April 30, 2019  <b>TIME:</b> 6:00 – 7:30 pm  <b>LOCATION:</b> Rosslyn School            13215 113A Street NW, Edmonton, AB  <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>
<p><b>DATE:</b> Wednesday, March 20, 2019  <b>TIME:</b> 5:30 – 7:00 pm  <b>LOCATION:</b> Dan Knott School            1434 80 Street NW, Edmonton, AB  <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>	
<p><b>DATE:</b> Thursday, April 11, 2019  <b>TIME:</b> 6:00 – 7:30 pm  <b>LOCATION:</b> Avalon School            5425 – 114 Street, Edmonton, AB  <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>	

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### **Mindfulness: Benefits for the Whole Family**

*Focus is on caregivers of children and teens (grades K-12)*

Have you heard about mindfulness? Ever wondered what it is, and why so many people are talking about it? Interest in mindfulness is growing rapidly in schools, communities, and in health-care settings as an evidence-based way of promoting wellness in children, teens, and adults. It can build empathy and optimism in kids, and enhance school performance by supporting the development of executive function (e.g. attention) and self-regulation skills. It has been shown to reduce stress and enhance well-being in both kids and caregivers. If you are looking for something to support the whole family, come to our session on mindfulness!

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**DATE:** Monday, March 18, 2019

**TIME:** 6:30 – 8:00 pm

**LOCATION:** Blueberry School  
Mail Bag 700 Range Road 20 and 1532  
Parkland Drive, **Stony Plain, AB**

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



### ***Parent Participant Feedback***

*“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.”*

*“Excellent presentation. Made me reflect on what I’m doing. Gave me some great ideas I will try out.”*

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## Caregiver Education Sessions

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### 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 at:**

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**DATE:** Tuesday, April 9, 2019  
**TIME:** 5:00 – 6:30 pm  
**LOCATION:** Jasper Place High School  
8950 163 Street, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Tuesday, April 16, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Dr. Margaret-Ann Armour School  
3815 Allen Drive SW, Edmonton, AB  
**Notes:** This session is for adults only.



#### *Parent Participant Feedback*

*“The presentation was excellent. I knew nothing about this topic and it has provided me with some good information to help my teen.”*

*“Thank you for talking tonight. The session was very in-depth. I learned a lot.”*

*“Thank you! Well done - I appreciated your gentle manner and the way you acknowledged how heavy the topic is.”*

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**Register  
Early!**