

# Caregiver Education Team Newsletter

October 2020



Alberta Health Services,  
in collaboration with  
The Mental Health Foundation,  
is proud to offer FREE online  
programming for parents and  
caregivers of children and youth.

## Caregiver Education Sessions

These 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children/youth. Unless specified, sessions are for an adult audience; however some sessions welcome youth to attend with their caregiver.

See [pages 2 and 3](#) for current topics, dates, and times.

## Lunch & Learn Webinar Series

These 60 minute informational webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

See [page 4](#) for current topics, dates, and times.

## SEEDS Drop-In Groups

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90 minute drop-in online interactive and educational workshops designed to help parents/caregivers learn foundational strategies that cultivate healthy relationships, strong child development, and resilient families.

See [page 5](#) for current dates and times.



Visit our website for registration, tip sheets,  
videos, and more! [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)



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# Caregiver Education Sessions

October 2020



These free, 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children and youth.

## Technology and the Teenage Brain: Digital Wellness for Families

Take a look at the teen brain and the risks and benefits of technology use. Tips on effective communication and limit setting are also shared.

**Date: Thursday, October 1, 2020**

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

## Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotions? This session will look at the development of self-regulation in children.

**Date: Tuesday, October 6, 2020**

Time: 6:00 – 7:30 pm

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

**Date: Thursday, October 15, 2020**

Time: 6:00 – 7:30 pm

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

## Breaking the Cycle of Anxiety: A Step By Step Approach

In this session, review helpful vs. unhelpful anxiety and discuss strategies for identifying and managing anxiety in children and youth.

**Date: Tuesday, October 13, 2020**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

*(Continued on next page...)*

## 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 for a session, click [here](#) or visit: [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“The information provided was very good and clear to understand.”

“The speakers were very knowledgeable and gave lots of information.”

“The more sessions I attend, the more I will be able to guide my child.”

# Caregiver Education Sessions

October 2020



These free, 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children and youth.

(...continued)

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

In this session, you will explore the challenges of being a teenager, parenting a teenager, and tips for setting healthy boundaries.

**Date: Tuesday, October 20, 2020**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only.

**Date: Thursday, October 29, 2020**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only.

## 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: Thursday, October 22, 2020**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

**Date: Tuesday, October 27, 2020**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children 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 for a session, click [here](#) or visit: [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“This presentation was loaded with invaluable information and resources! Thank you for helping parents and kids!”

“Great concrete suggestions and new ideas!”

“The session provided a good overview of strategies and provided good info. Thanks for running this!”



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For more information or to register, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Lunch & Learn Webinars

October 2020



These 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

## Mental Health & Resiliency Series:

### Positive Communication that Promotes Growth

This session will look at how we can use the communication tools of praise and encouragement to support our child's healthy need for attention and foster helpful behaviours.

**Date: Monday, October 5, 2020**

Time: 12:00 – 1:00 pm

Note: This session is for adults only.

### Calming Our Bodies and Minds

In this session, we will discuss the ways that our bodies and minds respond to stress and learn strategies for equipping our children to regain a sense of calm and control in the midst of life's stressors.

**Date: Monday, October 19, 2020**

Time: 12:00 – 1:00 pm

Note: This session is for adults only.

### Resilient Mindsets

We will look at specific behaviours and habits that parents can encourage in the home to develop a more positive mindset in their child for reducing stress, increasing empathy, and tackling new challenges.

**Date: Monday, October 26, 2020**

Time: 12:00 – 1:00 pm

Note: This session is 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 for a session, click [here](#) or visit:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

### Parent Feedback:

“Enjoyed the session – the length and format was perfect!”

“Helpful tools to assist parents. Thank you!”

“I can't wait to continue joining upcoming sessions.”

# SEEDS Drop-In Groups

October 2020



These interactive, educational, drop-in workshops are designed to help caregivers learn foundational strategies that cultivate healthy relationships, strong child development, and resilient families.

## Supporting Emotional Control in Children

This session is designed to help parents learn strategies for coaching their children in developing social and emotional skills. Once in place, these skills can lead to better friendships, increased school success, and higher levels of self-esteem.

**Date: Thursday, October 8, 2020**

Time: 6:00 – 7:30 pm

Note: This session is for adults only.

Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone."

~ Fred Rogers

## 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.

### Please note:

- These sessions are for parents / caregivers of children grades K-6.

To register for a session, click [here](#) or visit:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback

"[The presenters] created a safe space to share ideas. Very open and inclusive."

"Kuddos to everyone who is making this kind of informative and participative session."



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For more information or to register, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions and Groups

## October 2020



AHS, in collaboration with The Mental Health Foundation, is proud to offer FREE online programming for parents and caregivers of children and youth.

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.

## Sessions at a Glance:

### Caregiver Education Sessions

**Technology and the Teenage Brain: Digital Wellness for Families**  
Thursday, October 1  
6:00 – 7:30 pm

**Supporting Self-Regulation in Elementary School Children**  
Tuesday, October 6 or  
Thursday, October 15  
6:00 - 7:30 pm

**Breaking the Cycle of Anxiety: A Step by Step Approach**  
Tuesday, October 13  
6:00 – 7:30 pm

**Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents**  
Tuesday, October 20 or  
Thursday, October 29  
6:00 – 7:30 pm

**Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD**

Thursday, October 22 or  
Tuesday, October 27  
6:00 – 7:30 pm

### SEEDS Drop-In Sessions

**Supporting Emotional Control in Children**  
Thursday, October 8  
6:00 – 7:30 pm

### Lunch & Learn Webinars

**Mental Health and Resiliency Series**

**Positive Communication that Promotes Growth**  
Monday, October 5  
12:00 – 1:00 pm

**Calming Our Bodies and Minds**  
Monday, October 19  
12:00 – 1:00 pm

**Resilient Mindsets**  
Monday, October 26  
12:00 – 1:00 pm



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