

Caregiver Education Sessions

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.

Ways to Increase Social Skills in Elementary School Children

Does your child struggle to make or maintain friendships? As the use of technology increases in society, do you find yourself struggling to support your child's social skills? These skills are essential to academic success and positive self-esteem. It is a core element of resiliency enabling children to withstand hard times. This session will define social skills and discuss ways that caregivers can build positive social skills in children in the 21st century. We will review what you can do to support the development of these skills in your child to sustain lifelong positive mental health.

Date: September 29, 2015
Time: 6:00 – 7:30 pm
**Location: Annunciation Catholic
Elementary World IB School**
9325 – 165 Street
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/SSfall15>

Date: October 20, 2015
Time: 6:00 – 7:30 pm
Location: Calder School
12950 – 118 Street
Edmonton, AB

Register at:
<https://www.surveymonkey.com/SSfall15>



Supporting Self Regulation in Elementary School Children

Do you wish you had 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 and adolescents. The strategies and resources provided will empower and foster caregivers' essential skills to increase children's mental health and resiliency.

Date: September 30, 2015

Time: 6:00 – 7:30 pm
**Location: Esther Starkman
School**
2717 Terwillegar Way
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/SRfall15>

Date: October 7, 2015
Time: 6:00 – 7:30 pm
Location: Delton School
12126 – 89 Street
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/SRfall15>

Date: October 21, 2015
Time: 6:00 – 7:30 pm
Location: Ekota School
1395 Knotwood Road E
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/SRfall15>

Date: October 22, 2015
Time: 6:00 – 7:30 pm
Location: Pine Street School
133 Pine Street
Sherwood Park, AB

Register at:
<https://www.surveymonkey.com/r/SRfall15>

Questions? Cancellations? Please contact:

CYFCaregiverEducation@albertahealthservices.ca

Caregiver Education Sessions

Children and Adolescents with Anxiety

This session will distinguish between normal anxiety and anxiety disorders. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as e-health tools (apps) designed to help youth cope.

Date: October 5, 2015
Time: 6:00 – 7:30 pm
**Location: John D Bracco
School**
3150 – 139 Avenue
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/anxietyfall15>

Date: October 8, 2015
Time: 5:30 – 7:00 pm
**Location: Edith Rogers
School**
8308 – Millwoods Road
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/anxietyfall15>

Not just a bad day – Understanding and Supporting Students with Depression and Self Injury

Not just a bad day - Understanding and Supporting Students 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 practical strategies and resources to support youth experiencing depression who may be self-injuring.



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Date: November 25, 2015
Time: 6:00 – 7:30 pm
Location: Ester Starkman School
2717 Terwillegar Way
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/Baddayfall15>

Date: December 7, 2015
Time: 6:00 – 7:30 pm
Location: John D. Bracco School
3150 – 139 Avenue
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/Baddayfall15>

Register Early.... Space is limited

Contact 780-415-0074 or CYFCaregiverEducation@albertahealthservices.ca if you have questions or need to cancel

Caregiver Education Sessions

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

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 also learn how to use discipline and establish healthy, respectful boundaries with your teen so that you can spend less time arguing and more time enjoying each other's company.

Date: November 3 2015

Time: 5:00 – 6:30 pm
Location: Jasper Place
8950 – 163 Street
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/21Centuryfall15>

Date: November 19 2015

Time: 6:00 – 7:30 pm
Location: John Bracco
3150 – 139 Avenue
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/21Centuryfall15>

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

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 and strategies. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.

Date: December 9 2015

Time: 5:30 – 7:00 pm
Location: Kate Chegwin
3119 – 48 Street
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/21Centuryfall15>

Date: November 10 2015

Time: 4:30 – 6:00 pm
Location: Bisset School
3020 – 37 Avenue
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/ADHDFall2015>

Date: November 18 2015

Time: 6:00 – 7:30 pm
Location: Delton School
12126 – 89 Street
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/ADHDFall2015>

Date: November 24 2015

Time: 6:00 – 7:30 pm
Location: Ekota School
1395 Knotwood Road E
Edmonton, AB

Register at:
<https://www.surveymonkey.com/r/ADHDFall2015>

Date: November 26 2015

Time: 4:00 – 5:30 pm
Location: District Office
6 St. Vital Avenue
St. Albert, AB

Register at:
<https://www.surveymonkey.com/r/ADHDFall2015>



**Register
Early !!**