

## **Host School Booking Information- ERCSD Mental Health Caregiver Education Series**

The Children, Youth and Families – Addiction and Mental Health - Edmonton Zone (Alberta Health Services) will provide caregivers and teachers with incredible opportunities to increase their awareness of the mental health challenges that children and adolescents may experience. These information sessions are intended to provide caregivers, teachers, and community members with basic level information regarding addiction and mental health challenges that can and do affect children and youth.

**Presenters:** Mental Health Professionals with extensive knowledge of the treatment of addiction and mental health concerns impacting children, adolescents, and families.

### **Target Audience**

The sessions are aimed at parents/caregivers, guardians, teachers, and school support staff. Some sessions are geared towards topics effecting elementary school kids while others apply more to teen issues. The majority of our sessions are for adults only though some sessions are open to both high school students and their parents. Presentations will be hosted by one school in each area, but all participants are welcome.

### **Schedule**

Presentations can be scheduled on Tuesday, Wednesday or Thursday evenings anytime between 4:30-7:30. All presentations are 90 minutes in length. Sessions run during the school year. No sessions are scheduled on holidays or PD days.

### **Booking**

For more information or to book a session for your school please contact: [CYFCaregiverEducation@albertahealthservices.ca](mailto:CYFCaregiverEducation@albertahealthservices.ca) or call the Education Team at (780) 415-0074.

## **Topics Offered per Season- Sessions are 1.5hrs**

### **Sept /Oct**

- Children and Adolescents with Anxiety (K-12)
- Ways to Increase Social Skills in Elementary School Children (K-6)
- Supporting Self-Regulation in Elementary School Children (K-6)

### **November/December**

- More than Just a Bad Day: Understanding Depression and Self –Injury (Grade 7-12)
- Keeping Scattered Kids on Track: Support Children and Adolescents with ADHD (K-12)
- Parenting in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents (Grade 7-12)

### **January/February**

- Increasing Executive Functioning in Children and Adolescents (K-12)
- Parenting Strategies that Promote Positive Mental Health in Elementary School Children (K-6)
- Test Anxiety- Strategies for Success (Grade 7-12): **Parents &Teens to attend together**
- Children and Adolescents with Anxiety (K-12)

### **March/April**

- Preventing Substance Use in Adolescents: **Parents & Teens to attend together**
- More than Just a Bad Day: Understanding Depression and Self –Injury (Grade 7-12)
- Supporting Self-Regulation in Elementary School Children (K-6)
- Transitioning into Junior High: Ways to Reduce your Child’s Anxiety **Parents & Teens to attend together**
- Self Esteem, Body Image and Control: A Review of Eating Disorders(Grade 7-12)

### **May/June**

- Keeping Scattered Kids on Track: Support Children and Adolescents with ADHD (K-12)
- Parenting in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents (Grade 7-12)
- Test Anxiety- Strategies for Success (Grade 7-12): **Parents &Teen to attend together**