

Caregiver Education Sessions

Winter Poster – January & February 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.

Breaking the Cycle of Anxiety: A Step by Step Approach (Focus is on Anxiety 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 an anxiety session at: <https://www.surveymonkey.com/r/anxietywinter2017>

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

Breaking the Cycle of Anxiety

DATE: Wednesday, January 11, 2017

TIME: 5:30-7:00pm

LOCATION: St. Vladimir School
7510 – 132 Avenue Edmonton, AB

Notes: This session is for adults only.

Breaking the Cycle of Anxiety

DATE: Wednesday, January 25, 2017

TIME: 6:00-7:30pm

LOCATION: Esther Starkman
2717 Terwillegar Way, NW Edmonton, AB

Notes: This session is for adults only.

Breaking the Cycle of Anxiety

DATE: Thursday, January 26, 2017

TIME: 6:00-7:30pm

LOCATION: Holy Cross Académie Internationale
15120 – 104 Ave, Edmonton, AB

Notes: This session is for adults only.



Breaking the Cycle of Anxiety

DATE: Thursday, February 16, 2017

TIME: 6:00-7:30pm

LOCATION: Vernon Barford School
32 Fairway Dr NW, Edmonton, AB

Notes: This session is for adults only.

Breaking the Cycle of Anxiety

DATE: Thursday, February 23, 2017

TIME: 6:00-7:30pm

LOCATION: Centennial School
17420 57 Ave, Edmonton, AB

Notes: This session is for adults only.

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

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

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 a positive mental health session at:

<https://www.surveymonkey.com/r/pmhwinter2017>

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

Positive Mental Health and Resiliency

DATE: Tuesday, January 17, 2017

TIME: 6:00-7:30pm

LOCATION: Willow Park School
5212 -52 Street

Leduc, AB

Notes: This session is for adults only.

Positive Mental Health and Resiliency

DATE: Wednesday, January 18, 2017

TIME: 5:00-6:30pm

LOCATION: St. Justin School
8405 – 175 Street

Edmonton, AB

Notes: This session is for adults only.

Positive Mental Health and Resiliency

DATE: Thursday, February 9, 2017

TIME: 6:00-7:30pm

LOCATION: Johnny Bright School
1331 Rutherford Road, SW,

Edmonton, AB

Notes: This session is for adults only.

Positive Mental Health and Resiliency

DATE: Tuesday, February 14, 2017

TIME: 6:00-7:30pm

LOCATION: Coronation Elementary School
10925 139 Street,

Edmonton, AB

Notes: This session is for adults only.



Positive Mental Health and Resiliency

DATE: Tuesday, February 21, 2017

TIME: 6:00-7:30pm

LOCATION: Sherwood School
9550 - 152 Street,

Edmonton, AB

Notes: This session is for adults only.

Positive Mental Health and Resiliency

DATE: Tuesday, February 28, 2017

TIME: 6:00-7:30pm

LOCATION: Steinhauer School
10717 32A Avenue,

Edmonton, AB

Notes: This session is for adults only.

Register Early

Space is
limited!

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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.**

Register for a technology session at:

<https://www.surveymonkey.com/r/techwinter2017>

Technology and the Teenage Brain

DATE: Thursday, January 19, 2017

TIME: 6:00-7:30pm

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

★ **Notes:** Both parents and teens (grade 7-12) are encouraged to attend this session together.

Technology and the Teenage Brain

DATE: Tuesday, January 24, 2017

TIME: 6:00-7:30pm

LOCATION: Westminster School
13712 104 Ave NW, Edmonton, AB

★ **Notes:** Both parents and teens (grade 7-12) are encouraged to attend this session together.



Technology and the Teenage Brain

DATE: Wednesday, February 1, 2017

TIME: 5:00-6:30pm

LOCATION: Kate Chegwin School
3119 48 Street NW, Edmonton, AB

★ **Notes:** Both parents and teens (grade 7-12) are encouraged to attend this session together.



Technology and the Teenage Brain

DATE: Wednesday, February 8, 2017

TIME: 5:00-6:30pm

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

★ **Notes:** Both parents and teens (grade 7-12) are encouraged to attend this session together.

Technology and the Teenage Brain

DATE: Wednesday, February 15, 2017

TIME: 4:30-6:00pm

LOCATION: Progressive Academy
13212 – 106 Avenue, Edmonton, AB

★ **Notes:** Both parents and teens (grade 7-12) are encouraged to attend this session together.

Technology and the Teenage Brain

DATE: Wednesday, February 22, 2017

TIME: 6:00-7:30pm

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

★ **Notes:** Both parents and teens (grade 7-12) are encouraged to attend this session together.

Please note you will not receive an automatic email confirmation when you register.
Please contact the Education Team with questions or if you need to cancel your registration.

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Promoting Success in Learning by Increasing Executive Functioning Skills (Focus is on Executive Functioning Skills in Elementary School Aged Children)

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 to increase their executive functioning skills, including inhibition, working memory and mental flexibility.

Register for an executive functioning session at:

<https://www.surveymonkey.com/r/execwinter2017>

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

Executive Functioning Skills

DATE: Tuesday, February 7, 2017

TIME: 4:30-6:00pm

LOCATION: Progressive Academy
13212 – 106 Avenue, Edmonton, AB

Notes: This session is for adults only.

Executive Functioning Skills

DATE: Wednesday, March 1, 2017

TIME: 6:00-7:30pm

LOCATION: Grandview Heights School
6225 127 street, Edmonton, AB

Notes: This session is for adults only.



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