

# Caregiver Education Team Newsletter

January 2021



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.

## Lunch & Learn Webinars

### **Mental Health and Resiliency Series**

#### **Settling Into Routines:**

Making Uncertain Times More Predictable

Tuesday, January 12  
12:00 – 1:00 pm

#### **Giving Time and Attention to Our Big Needs**

Tuesday, January 19  
12:00 – 1:00 pm

#### **Strengthening Connections**

With Ourselves, Our Kids, and Our Communities

Tuesday, January 26  
12:00 – 1:00 pm

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#### **Sleep and Your Family's Mental Health – Part 1**

Monday, January 18  
12:00 – 1:00 pm

#### **Sleep and Your Family's Mental Health – Part 2**

Monday, January 25  
12:00 – 1:00 pm

## Sessions at a Glance

### Caregiver Education Sessions

#### **Breaking the Cycle of Anxiety**

A Step by Step Approach  
Wednesday, January 13  
6:00 – 7:30 pm

#### **Technology and the Teenage Brain**

Digital Wellness for Families  
Wednesday, January 20  
6:00 – 7:30 pm

#### **Building Executive Functioning Skills**

Promoting Success in Learning  
Wednesday, January 27  
6:00 – 7:30 pm

### Drop-In Series

#### **Support, Education & Engagement Series (SEEDS)**

**Creating Positive Experiences Through Play**  
Thursday, January 14  
6:00 – 7:30 pm

#### **Supporting Emotional Growth in Children**

Thursday, January 21  
6:00 – 7:30 pm

#### **Motivating Through Praise and Rewards**

Thursday, January 28  
6:00 – 7:30 pm



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

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

# Caregiver Education Sessions

January 2021



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

## 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)

## Breaking the Cycle of Anxiety

### A Step By Step Approach

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

**Date: Wednesday, January 13, 2021**

Time: 6:00 – 7:30 pm

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

## 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: Wednesday, January 20, 2021**

Time: 6:00 – 7:30 pm

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

## Building Executive Functioning Skills

### Promoting Success in Learning

Review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

**Date: Wednesday, January 27, 2021**

Time: 6:00 – 7:30 pm

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

## Parent Feedback:

“Thank you CYF Caregiver Education for helping us to learn and grow with our children's development.”

“It was an excellent session, very timely.”

“Great energy from you guys, made us feel genuinely supported.”

“I learned a lot and appreciate the resources provided.”



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# Lunch & Learn Webinars

January 2021



These free 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.

## 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)

## Mental Health & Resiliency Series

### Settling Into Routines: Making Uncertain Times More Predictable

In this online webinar, explore ways to decrease your family's stress and increase stability through consistent and predictable routines.

**Date: Tuesday, January 12, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

### Giving Time and Attention to Our Big Needs

Strategies for balancing your family's basic needs around nutrition, exercise, sleep, socialization, and technology use are discussed.

**Date: Tuesday, January 19, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

### Strengthening Connections With Ourselves, Our Kids, and Our Communities

We discuss the importance of fostering a healthy parent-child relationship, building a community of support for our child, and taking care of ourselves through it all.

**Date: Tuesday, January 26, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

## Parent Feedback:

"The virtual format is very convenient and makes it much easier to attend these sessions."

"Thank you - this learning journey is so helpful for my growing family."

"These sessions are excellent!"

"I liked the format, especially the interactive part as it keeps you focused."



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

# Lunch & Learn Webinars

January 2021



These free 60 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. Each topic is presented over two sessions; participants can attend one or both sessions.

## 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)

## Caregiver Education Sessions

### Sleep and Your Family's Mental Health – Part 1

This session will look at the importance of sleep for overall health, what influences the quality of our sleep, the amount of sleep our kids need, the factors that interfere with sleep, and sleep scheduling.

**Date: Monday, January 18, 2021**

Time: 12:00 – 1:00 pm

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

### Sleep and Your Family's Mental Health – Part 2

In this session, we will continue to look at healthy sleep hygiene strategies that can prepare our children for sleep, and we will discuss ways we can set up our child's sleep environment for good quality sleep.

**Date: Monday, January 25, 2021**

Time: 12:00 – 1:00 pm

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

## Parent Feedback:

“Thank you! Just a wealth of great information.”

“The time was good and with two presenters it didn't feel boring at all. Great job.”

“I like the interactive portions because it helps to connect with other people who are watching.”

“Going over tips and strategies helped quite a lot.”



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# Drop-in Series

January 2021



These free **Support, Education & Engagement Drop-In Sessions (SEEDS)** are designed to help caregivers explore parenting strategies that support healthy relationships and child development. As part of a 7 session series, parents are welcome to attend one session or join us each week.

## SEEDS: Growing Parenting Skills

### Creating Positive Experiences Through Play

Join us in a session on how we can develop positive relationships with our children. As one of the most foundational parenting strategies, other strategies are more effective when you discover the connection that can be built through child-directed play.

**Date: Thursday, January 14, 2021**

Time: 6:00 – 7:30 pm

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

### Motivating Your Child Through Praise and Rewards

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach goals.

**Date: Thursday, January 21 2021**

Time: 6:00 – 7:30 pm

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

### Supporting Emotional Growth in Children

This session is designed to help parents learn ways they can support their child's development and relationships through social and emotional coaching.

**Date: Thursday, January 28, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; 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.

### 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

“Thanks so much for sharing with us in this session.”

“The interactive questions asked to participants were helpful.”

“Thank you for another great session. I'm enjoying them so much!”

“The time was just right as I work in the daytime. Thank you so much for providing this support!”



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