

Caregiver Education Series Winter/ Spring 2020



Register Fast!
Spaces are
Filling Up!

Supporting Self-Regulation

Focus is on caregivers of kids in grades K-6

Do you wish you have more information to help elementary aged 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. The strategies and resources provided will empower and foster caregivers' essential skills to increase children's mental

Date #1: Tuesday January 21, 2020

Time: 6:00 pm - 7:30 pm

Location: McCauley Club, 9425 109A Avenue

Date #2: June 9, 2020

Time: 6:00 pm - 7:30 pm

Location: Tweddle Club, 8308 42a Avenue NW

Child Minding Available

For more information or to **REGISTER** contact the
Boys & Girls Clubs Big Brothers Big Sisters of
Edmonton Staff Fareeda Shoblaq at: **780.471.4079**
or Sentsetsa Pilane at: **780.822.2530**
Or go to: <https://www.surveymonkey.com/r/BGCBigsCaregiverEducation2020>

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. Presentations are hosted in clubs and are open to all adults to attend.

Breaking the Cycle of Anxiety

A Step by Step Approach

Focus is on caregivers of kids & teens (Grades K-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.

Date #1: Tuesday February 11, 2020

Time: 6:00 pm - 7:30 pm

Location: Rundle Club, 3112 113 Avenue

Date #2: Tuesday July 14, 2020

Time: 6:00 pm - 7:30 pm

Location: West Club, 16030 104 Ave NW



Child, Youth & Family
Addiction & Mental Health



Boys & Girls Clubs



Big Brothers Big Sisters

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of Edmonton & Area

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Helping your Child Succeed in School

Focus is on caregivers of kids in grades K-6.

Executive functioning skills are essential for children to succeed, but what are they exactly? Take a peek inside the developing brain of a child to 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 developing inhibition, working memory and mental flexibility skills.

Date: April 23, 2020

Time: 6:00 pm - 7:30 pm

Location: Kinsmen Club, 14803 88A Street

More than Just a Bad Day

Understanding & Supporting Youth with Depression & Trauma

Focus is on caregivers of teens. (Grades 7-12)

This session will help caregivers increase awareness about adolescents who might be experiencing depression, possibly as a result of trauma. Caregivers will learn about treatment options for depression as well as strategies to help support youth at home and in everyday life.

Date: Wednesday March 4, 2020

Time: 6:00 pm - 7:30 pm

Location: Africa Centre, 6770 129 Avenue

Technology and the Teenage Brain

Supporting the Digital Wellbeing of Families

This session is for both caregivers and teens together (Grades 7-12).

Technology is a huge part of our children's lives and a common concern for most parents. Social media, video gaming, internet use, and cell phones may already be topics of debate within your family. This session will review how modern technology can impact the developing teenage brain - the risks and also the benefits. Parents and teens will learn ways to have a balanced use of technology to better support positive mental health.

Date: Wednesday May 13, 2020

Time: 6:00 pm - 7:30 pm

Location: Duggan Club, 5, 3724 105 Street

Child Minding Available

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