



Test Anxiety

Winter Sessions January - March 2020

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 schools but are open to all adults to attend.

Strategies for Success

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

Does your teen prepare for a test only to freeze or blank out during the test? Does your teen's anxiety hold them back from their full potential? Test and performance anxiety is very common among students. This session will help teens learn how to succeed in spite of their anxiety and help caregivers support their teens to reduce test anxiety. We will explore what happens when a student experiences test anxiety and provide practical strategies and resources for you and your teen to use to manage anxiety symptoms.

➤ **Register at**
www.surveymonkey.com/r/caregiversessions
or www.cyfcaregivereducation.ca

For more information, contact:
CYFCaregiverEducation@ahs.ca
780-342-6885

DATE: Tuesday, January 7, 2020

TIME: 5:00 – 6:30 pm

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

Notes: Parents and teens (Grades 7-12) to attend together.

DATE: Wednesday, January 15, 2020

TIME: 6:00 – 7:30 pm

LOCATION: Parkland Immanuel Christian School
21304 35 Avenue NW, Edmonton, AB

Notes: Parents and teens (Grades 7-12) to attend together.

Parent Feedback

"Thank you for including teens in this class.
Videos were great supplemental info."

"Very simple and to the point, easy
understandable information. Resources to
take away to use with students are beneficial."

Teen Feedback

"Thank you so much. I found this extremely
helpful and I enjoyed it."

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Caregiver Education Series



Regional Collaborative Service Delivery &
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Addiction and Mental Health, Edmonton Zone



Breaking the Cycle of Anxiety

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A Step by Step Approach

*Focus is on caregivers of kids and 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.

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DATE: Tuesday, January 14, 2020

TIME: 6:00 – 7:30 pm

LOCATION: St. Clement School

7620 Mill Woods Road South NW, Edmonton, AB

Notes: This session is for adults only.

DATE: Thursday, January 30, 2020

TIME: 6:00 – 7:30 pm

LOCATION: Sister Annata Brockman School

355 Hemmingway Road NW, Edmonton, AB

Notes: This session is for adults only.

DATE: Thursday, February 13, 2020

TIME: 6:00 – 7:30 pm

LOCATION: Archbishop O'Leary School

8760 132 Avenue NW, Edmonton, AB

Notes: This session is for adults only.

DATE: Wednesday, February 19, 2020

TIME: 6:00 – 7:30 pm

LOCATION: Holy Trinity School

7007 28 Avenue NW, Edmonton, AB

Notes: This session is for adults only.

DATE: Wednesday, February 26, 2020

TIME: 6:00 – 7:30 pm

LOCATION: École Leduc Estates School

95 Alton Drive, Leduc, AB

Notes: This session is for adults only.

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**Alberta Health
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Parenting Teens in the 21st Century

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Respectful Limit Setting with Adolescents

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

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 a parenting teenagers. You will learn how to establish healthy, respectful boundaries with your teen so that you can spend less time arguing and more time enjoying each other's company.

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DATE: Thursday, January 16, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Florence Hallock School
16437 87 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, January 22, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Louis St. Laurent School
11230 43 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, January 28, 2020
TIME: 6:00 – 7:30 pm
LOCATION: St. Basil School
10210 115 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, February 11, 2020
TIME: 5:30 – 7:00 pm
LOCATION: Westminster School
13712 104 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, February 25, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Rosslyn School
13215 113 A Street NW, Edmonton, AB
Notes: This session is for adults only.

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Sleeping Your Way to Better Mental Health

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Focus is on caregivers of kids and teens (Grades K-12).

Come and learn the importance of sleep on your child's developing brain. Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and factors that influence your child's ability to get the sleep they need. Leave with practical strategies, tools, and resources to promote healthier sleep habits for your whole family.

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DATE: Tuesday, January 21, 2020
TIME: 6:00 – 7:30 pm
LOCATION: St. Philip School
8720 144 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, February 4, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Calder School
12950 118 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Thursday, February 6, 2020
TIME: 6:00 – 7:30 pm
LOCATION: St. Leo School
5412 121 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Thursday, February 27, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Beaumont Composite High School
5417 43 Avenue, Beaumont, AB
Notes: This session is for adults only.

DATE: Thursday, March 5, 2020
TIME: 6:00 – 7:30 pm
LOCATION: St. André Bessette School
8300 Southfort Drive, Fort Saskatchewan, AB
Notes: This session is for adults only.

Parent Feedback

"Lots of information to use on my children. I can even try some of these on myself to help improve my sleep patterns."

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Executive Functioning

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Building Resiliency in Elementary School Children

Focus is on caregivers of kids in elementary school (Grades K-6).

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 in building their executive functioning skills, including inhibition, working memory and mental flexibility.

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DATE: Wednesday, January 29, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Esther Starkman School
2717 Terwillegar Way NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, February 5, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Gold Bar School
10524 46 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, February 12, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Grandin School
9844 110 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, February 18, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Lakeland Ridge School
101 Crimson Drive, Sherwood Park, AB
Notes: This session is for adults only.

DATE: Thursday, February 20, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Rideau Park School
10605 42 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

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Mindfulness

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Benefits for the Whole Family

Focus is on caregivers of kids and teens (Grades K-12).

Have you heard about mindfulness? Interest in mindfulness is growing rapidly in schools, communities, and in health-care settings as an evidence-based way of promoting wellness in children, teens, and adults. It can build empathy and optimism in kids, and enhance school performance by supporting the development of executive function (e.g. attention) and self-regulation skills. Caregivers will learn activities the whole family can use to reduce stress and enhance wellbeing.

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DATE: Tuesday, March 3, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Michael A. Kostek School
5303 190 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, March 18, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Mother Margaret Mary School
2010 Leger Road NW, Edmonton, AB
Notes: This session is for adults only.

Parent Feedback

"I appreciate the resources page with recommended books and websites. The craft ideas look easy to do at home and something I can use with my family. Informative presentation! Thank you!"

"Very nice and knowledgeable info. I love mindfulness and can't wait to practice it more."

"A very well-put together presentation that was relevant to my personal life and professional life. Thank you!"

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Keeping Scattered Kids on Track

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Supporting Children and Adolescents with ADHD

Focus is on caregivers of kids and teens (Grades K-12).

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

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For more information, contact:
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780-342-6885

DATE: Wednesday, March 4, 2020

TIME: 6:00 – 7:30 pm

LOCATION: Willow Park School
5212 52 Street, Leduc, AB

Notes: This session is for adults only.

DATE: Tuesday, March 10, 2020

TIME: 6:00 – 7:30 pm

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

Notes: This session is for adults only.

Parent Feedback

“Session gave info that I didn’t know before –
Most of the information made sense and
outlined properly how to deal with this issue.

“Great presentation. Clear and concise
information. Good strategies to try and good
explanation of underlying brain mechanics
that could be causing it.”

“Thank you for your knowledge. The
presentation was great - it makes me feel like
things can get better. Never give up.”

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Technology and the Teenage Brain

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Supporting the Digital Wellbeing of Families

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

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 the use of technology to better support positive mental health.

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780-342-6885

DATE: Wednesday, March 11, 2020

TIME: 6:00 – 7:30 pm

LOCATION: Johnny Bright School

1331 Rutherford Road SW, Edmonton, AB

Notes: Parents and teens (Grades 7-12) to attend together.

DATE: Thursday, March 19, 2020

TIME: 6:00 – 7:30 pm

LOCATION: St. Clement School

7620 Mill Woods Rd South NW, Edmonton, AB

Notes: Parents and teens (Grades 7-12) to attend together.

DATE: Tuesday, March 31, 2020

TIME: 6:00 – 7:30 pm

LOCATION: S. Bruce Smith School

5545 184 Street NW, Edmonton, AB

Notes: Parents and teens (Grades 7-12) to attend together.

Parent Feedback

"Appreciate the latest stats and research that were referenced. Loved the balanced views given – I feel both teens and parents left empowered to more meaningful change."

"Excellent information that I can take home and discuss with my family to make decisions that work for us."

Teen Feedback

"I enjoyed this session very much. Great!"

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Supporting Self-Regulation in Elementary School Children

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Focus is on caregivers of kids in elementary school (Grades K-6).

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

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For more information, contact:
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780-342-6885

DATE: Tuesday, March 17, 2020

TIME: 6:00 – 7:30 pm

LOCATION: Lee Ridge School
440 Millbourne Road East NW, Edmonton, AB

Notes: This session is for adults only.

Parent Feedback

"Can't wait to try some of these new ways to help my daughter regulate! Thank you!"

"Well presented. Facilitator was very knowledgeable and clear. Videos were great. Thank you!"

"For 1 ½ hours, I was very impressed with the quality/breadth of material covered. Thank you very much."

"Superb presentation both in regard to content, visual presentation, format, and presenter."

"The leader made the session interesting and gave some very practical and helpful examples and suggestions. Thanks for the great take home resources too!!"

Register Now!

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