



Mindfulness

Spring Sessions April - June 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.

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 healthcare 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.

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

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

DATE: Wednesday, April 1, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Grandin School
[9844 110 Street NW, Edmonton, AB](#)
Notes: This session is for adults only.

DATE: Thursday, April 2, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Holy Spirit Catholic School
[100 Michigan Street, Devon, AB](#)
Notes: This session is for adults only.

DATE: Wednesday, April 15, 2020
TIME: 6:00 – 7:30 pm
LOCATION: École Leduc Estates School
[95 Alton Drive, Leduc, AB](#)
Notes: This session is for adults only.

DATE: Tuesday, April 21, 2020
TIME: 5:00 – 6:30 pm
LOCATION: Jasper Place High School
[8950 163 Street NW, Edmonton, AB](#)
Notes: This session is for adults only.

DATE: Thursday, April 30, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Queen Alexandra School
[7730 106 Street NW, Edmonton, AB](#)
Notes: This session is for adults only.

Register Now!

Caregiver Education Series



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



Technology and the Teenage Brain

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Supporting the Digital Well-being 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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DATE: Tuesday, April 7, 2020

TIME: 6:00 – 7:30 pm

LOCATION: St. Peter the Apostle Catholic High School

[10 Harvest Ridge Drive, Spruce Grove, AB](#)

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

DATE: Wednesday, April 8, 2020

TIME: 6:00 – 7:30 pm

LOCATION: École Avalon School

[5425 114 Street NW, Edmonton, AB](#)

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

DATE: Tuesday, April 14, 2020

TIME: 6:00 – 7:30 pm

LOCATION: Christ the King School

[180 McConachie Drive NW, Edmonton, AB](#)

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

DATE: Thursday, April 16, 2020

TIME: 6:00 – 7:30 pm

LOCATION: F.R. Haythorne Junior High School

[300 Colwill Blvd, Sherwood Park, AB](#)

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

DATE: Thursday, April 23, 2020

TIME: 6:00 – 7:30 pm

LOCATION: Sister Annata Brockman School

[355 Hemingway Road, Edmonton, AB](#)

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

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**Alberta Health
Services**

Regional Collaborative Service Delivery &
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More than Just a Bad Day

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Understanding and Supporting Youth with Depression and Self-Injury

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

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression, and intentionally injuring themselves. We will explore factors that contribute to depression and the motivation behind self-injurious behavior. Caregivers will learn about treatment options for depression as well as strategies to help support youth who may be engaging in self-injury.

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DATE: Tuesday, April 7, 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, April 22, 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: Tuesday, April 28, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Rosslyn School
[13215 113 A Street NW, Edmonton, AB](#)
Notes: This session is for adults only.

DATE: Thursday, May 7, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Elk Island Catholic Schools Central Learning Services
[310 Broadview Road, Sherwood Park, AB](#)
Notes: This session is for adults only.

Parent Feedback

"Very interesting and informative. Lots of practical strategies and signs to look for. Highly recommend this session to other parents."

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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, and 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 and adolescents with ADHD.

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For more information, contact:
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780-342-6885

DATE: Thursday, April 9, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Lee Ridge School
[440 Millbourne Rd E Northwest, Edmonton, AB](#)
Notes: This session is for adults only.

Parent Feedback

"This session was very informative and it has helped me to put together some better strategies."

"This was a very good introduction to ADHD for people who are starting to learn about it. Helpful ideas were offered to help others understand how to accommodate for people with this condition."

"Opened my eyes to different strategies and expectations of children with ADHD."

Register Now!

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Supporting Self-Regulation in Elementary School Children

Spring Sessions April - June 2020

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

Do you wish you had 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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DATE: Tuesday, April 14, 2020
TIME: 6:00 – 7:30 pm
LOCATION: École Parc Élémentaire
[9607 Sherridon Drive, Fort Saskatchewan, AB](#)
Notes: This session is for adults only.

DATE: Wednesday, April 29, 2020
TIME: 6:00 – 7:30 pm
LOCATION: St. Leo School
[5412 121 Avenue NW, Edmonton, AB](#)
Notes: This session is for adults only.

Parent Feedback

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

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

"Great tools were presented and they will be easy to start using right away."

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Parenting Strategies that Promote Positive Mental Health

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Building Resiliency in Elementary School Children

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

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 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.

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For more information, contact:
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780-342-6885

DATE: Wednesday, April 15, 2020
TIME: 6:00 – 7:30 pm
LOCATION: St. Albert & Sturgeon Primary Care Network
[375 St Albert Trail, Unit 196, St. Albert, AB](#)
Notes: This session is for adults only.

Parent Feedback

"Really engaging presenter, and appreciated the practical examples and the takeaways!"

"This was a fantastic overview of general supports and strategies. A great presentation! Easy to follow ideas."

"A very resourceful presentation and it provided a bigger picture in helping to understand the issues that children could face at such a young age."

"Lots of info given and shared; many local resources listed. So glad to have these available sessions for parents."

Register Now!

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**Alberta Health
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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 in managing anxiety and improving mental health. Resources for parents will be provided as well as tools designed to reduce anxiety.

 **Register at**

www.surveymonkey.com/r/caregiversessions
or www.cyfcaregivereducation.ca

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

DATE: Tuesday, May 5, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Johnny Bright School
[1331 Rutherford Road SW, Edmonton, AB](#)
Notes: This session is for adults only.

DATE: Wednesday, May 6, 2020
TIME: 6:00 – 7:30 pm
LOCATION: John Paul II Catholic School
[5801 48 Street, Stony Plain, AB](#)
Notes: This session is for adults only.

DATE: Wednesday, May 13, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Elizabeth Finch School
[13815 160 Avenue NW, Edmonton, AB](#)
Notes: This session is for adults only.

DATE: Wednesday, May 13, 2020
TIME: 6:00 – 7:30 pm
LOCATION: West Haven Public School
[325 West Haven Drive, Leduc, AB](#)
Notes: This session is for adults only.

DATE: Thursday, May 21, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Velma E. Baker School
[2845 43 A Avenue NW, Edmonton, AB](#)
Notes: This session is for adults only.

DATE: Tuesday, May 26, 2020
TIME: 5:00 – 6:30 pm
LOCATION: Jasper Place High School
[8950 163 Street NW, Edmonton, AB](#)
Notes: This session is for adults only.

DATE: Wednesday, June 3, 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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**Alberta Health
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Junior High Jitters

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Transitioning to the Teenage Years

This session is for caregivers and youth together (Grades 6-8)

Is your child going into grade 7 and feeling nervous about it? Is your child already in junior high and having difficulties adjusting to the pressures of school? This session will provide information about the developmental changes teens experience, as well as the challenges they may face as they transition into junior high school. The strategies and resources provided will empower you and your child in dealing with the social, emotional and cognitive changes that come in junior high school.

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For more information, contact:
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780-342-6885

DATE: Tuesday, May 12, 2020
TIME: 5:30 – 7:00 pm
LOCATION: Westminster School
[13712 104 Avenue, Edmonton, AB](#)
Notes: Parents and youth (Grades 6-8) to attend together.

DATE: Thursday, May 14, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Vimy Ridge Academy
[8205 90 Avenue NW, Edmonton, AB](#)
Notes: Parents and youth (Grades 6-8) to attend together.

DATE: Tuesday, June 2, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Ivor Dent School
[11010 32 Street NW, Edmonton, AB](#)
Notes: Parents and youth (Grades 6-8) to attend together.

Parent Feedback

“I appreciate that my son could come to the session and we could hear the information together. Nicely presented.”

“Great session – even more than I had expected. Very engaging and fun for both adults and kids.”

Teen Feedback

“I learned some tips on making friends and exercises for stress. I also learned about changes our brains experience.”

Caregiver Education Series



Test Anxiety

Spring Sessions April - June 2020

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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.

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780-342-6885

DATE: Wednesday, May 27, 2020

TIME: 6:00 – 7:30 pm

LOCATION: St. Basil School

[10210 115 Avenue NW, Edmonton, AB](#)

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

DATE: Thursday, May 28, 2020

TIME: 6:00 – 7:30 pm

LOCATION: Louis St. Laurent School

[11230 43 Avenue, Edmonton, AB](#)

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

DATE: Thursday, June 4, 2020

TIME: 6:00 – 7:30 pm

LOCATION: Salisbury High School

[20 Festival Way, Sherwood Park, AB](#)

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

Parent Feedback

"Great info and helpful/practical suggestions.
So great to have teens attend as well.
Just what I was looking for."

"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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