

# Caregiver Education Team Newsletter

June 2022



Alberta Health Services is proud to offer FREE online programming for parents and caregivers of school-age 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 & Learns 12:00 – 1:00 pm

### *Understanding Anxiety Series*

#### **Part 4: Overcoming Avoidance**

Wednesday, May 4

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### **Mindfulness**

*Benefits for the Whole Family*

Part 1: Thursday, June 2

Part 2: Monday, June 6

### **Sleep and Your Family's Mental Health**

Part 1: Wednesday, June 8

Part 2: Wednesday, June 15

## Caregiver Education Sessions 6:00 – 7:30 pm

### **Substance Use**

*A Harm Reduction Approach*

Wednesday, June 1

### **Understanding Autism**

Thursday, June 9

### **Junior-High Jitters**

*Transitioning to the Teenage Years*

Wednesday, June 15

## Parent Feedback:

"I thought the session was great. Loved the variety: videos, interspersed with comments from the group and polls. Really interactive and engaging!"

"Thank you for hosting these sessions!"

## Sessions at a Glance



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

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

# Caregiver Education Sessions

June 2022



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, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Substance Use

### A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances used by youth, the spectrum of use, and the science behind addiction. Discover the basic principles of harm reduction and why it is beneficial for those who use substances. Learn strategies to support youth who may be using substances through courageous conversations and harm reduction strategies.

**Date: Wednesday, June 1, 2022**

Time: 6:00 – 7:30 pm

For caregivers of youth grades 7-12 for adults only

## Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

**Date: Thursday, June 9, 2022**

Time: 6:00 – 7:30 pm

For caregivers of children and youth grades K-9; for adults only.

## Junior-High Jitters

### Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. Strategies for managing these changes and boosting wellness will be discussed.

**Date: Wednesday, June 15, 2022**

Time: 6:00 – 7:30 pm

For caregivers and pre-teens (grades 6-8) to attend together.

## Parent Feedback:

“The format enables parents to privately, interactively engage with the content. A great format for adult learners. Thanks so much!”

“Thank you so much! This was a very easy to understand session with valuable information. I look forward to the other sessions.”

“Enjoyed the presentation. Thank you.”



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# Lunch & Learn Webinars

June 2022



These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

## Anxiety – Part 4: Overcoming Avoidance

In this session, we will conclude our Understanding Anxiety series by looking at how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills. You are welcome to attend this session even if you were not able to attend the previous sessions in this series.

**Date: Wednesday, June 1, 2022**

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

## Mindfulness

### Benefits for the Whole Family

In these sessions, we will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in our families.

**Part 1: Thursday, June 2, 2022**

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12; for adults only.

**Part 2: Monday, June 6, 2022**

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12; 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.

To register, click [HERE](#) or go to:

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## Parent Feedback:

“I love these lunch and learn sessions when I can fit them in.”

“Just a big thank you. Virtual delivery and one hour over lunch time made this possible.”

“Great resource to share with families we are supporting.”



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# Lunch & Learn Webinars

June 2022



These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or both sessions.

## Sleep and Your Family's Mental Health

These sessions will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

### Part 1: Wednesday, June 8, 2022

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12; for adults only.

### Part 2: Wednesday, June 15, 2022

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12; 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.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“Great you guys do this. Beneficial topics. Well presented.”

“The length of this was perfect and had some great key takeaways for me to use moving forward.”

“I thought the session was great. Loved the variety: videos, interspersed with comments from the group and polls. Really interactive and engaging.”

“Keep them coming!”



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