

Caregiver Education Team Newsletter

December 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.

Caregiver Education Sessions

Technology and the Teenage Brain

Digital Wellness for Families
Thursday, December 2
6:00 – 7:30 pm

Sleep and Your Family's Mental Health

Monday, December 6
6:00 – 7:30 pm

Supporting Self-Regulation in Elementary School Children

Wednesday, December 8
6:00 – 7:30 pm

More than Just a Bad Day *Understanding and Supporting Depression and Self-Injury in Youth*

Thursday, December 9
6:00 – 7:30 pm

Resilience in Parenting

Caring for the Caregiver
Monday, December 13
6:00 – 7:30 pm

Lunch & Learns

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

Part 1:

Wednesday, December 1
12:00 – 1:00 pm

Part 2:

Wednesday, December 8
12:00 – 1:00 pm

Building Executive Functioning Skills

Promoting Success in Learning

Part 1:

Tuesday, December 7
12:00 – 1:00 pm

Part 2:

Tuesday, December 14
12:00 – 1:00 pm

Drop-In Series

Support, Education, and Engagement Drop-In Sessions (SEEDS)

Effective Consequences

Wednesday, December 1
6:00 – 7:30 pm

Sessions at a Glance



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

December 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.

Technology and the Teenage Brain Digital Wellness for Families

Technology is a huge part of our children's lives. Social media, video gaming, internet use, and cell phones may already be topics of debate within your family. Come together to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

Date: Thursday, December 2, 2021

Time: 6:00 – 7:30 pm

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

Sleep and Your Family's Mental Health

This session 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.

Date: Monday, December 6, 2021

Time: 6:00 – 7:30 pm

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

Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotional experiences? This session will define self-regulation and how it supports success in our child's day-to-day activities and interactions. It will provide a helpful review regarding the development of self-regulation in children and adolescents as well as how caregivers can support the growth of these essential skills.

Date: Wednesday, December 8, 2021

Time: 6:00 – 7:30 pm

Notes: 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.

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

www.cyfcaregivereducation.ca

Parent Feedback:

"Thank you! There were a lot of takeaways from this session and I look forward to incorporating them into my family routine."

"I thought the topic was a great one and the presentation was completed in a manner that was engaging and easy to understand."

"Virtual delivery is appreciated."



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More than Just a Bad Day: Understanding and Supporting Depression and Self-Injury in Youth

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. We will explore factors that contribute to depression and potential motivations 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.

Date: Thursday, December 9, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only

Resilience in Parenting Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

Date: Monday, December 13, 2021

Time: 6:00 – 7:30 pm

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

Parent Feedback:

“I so appreciate the availability of sessions and that I can just watch and listen and notes and resources are sent after.”

“The topic and session time were perfect. The presentation was interactive and quite helpful. Look forward to attending other sessions.”

“Loved the talk. Timing was just right and convenient with working parents. The two speakers were very calming and supportive.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

December 2021



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 over two sessions, participants can attend one or both sessions.

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

These sessions will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and ways that ADHD impacts academic achievement, self-worth, and relationships. We will look at strategies for supporting success in children and youth with ADHD.

Part 1: Wednesday, December 1, 2021

Time: 12:00 – 1:00 pm

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

Part 2: Wednesday, December 8, 2021

Time: 12:00 – 1:00 pm

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

Building Executive Functioning Skills

Promoting Success in Learning

Take a peek inside the developing brain of a child to learn about the processes that enable children to engage in problem solving and goal directed behaviours. Learn how these skills impact learning, behaviour, emotions, and social interactions. Review and discuss strategies to assist a child's executive functioning skills such as working memory, inhibition, and mental flexibility.

Part 1: Tuesday, December 7, 2021

Time: 12:00 – 1:00 pm

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

Part 2: Tuesday, December, 14, 2021

Time: 12:00 – 1:00 pm

Notes: 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.

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

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Parent Feedback:

“I am really thankful for your seminars, they give me really good ideas and help me keep on growing as mom and grandma.”

“The presenters were highly prepared for the session, it was a pleasure to listen to them. Thank you!!”

“I liked the interactive format of the session and participating in the discussions.”



Mental Health Foundation



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Drop-in Series

December 2021



The Support, Education, and Engagement Drop-In Sessions (SEEDS) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

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.

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Parent Feedback

"This was really amazing. I love that you (in a very gentle way) had parents focus on their reactions to their children's behaviour and how this can help or hurt the situation."

"The presenters again are so personable and seem very genuine and empathetic."

"Today is the first time I joined with this valuable lesson and it was really helpful me. I'll keep these ideas to work with my kids. Thank you so much!"

SEEDS Growing Parenting Skills

Effective Consequences

In this final session of our SEEDS series, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

Date: Wednesday, December 1, 2021

Time: 6:00 – 7:30 pm

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

*Caregiver who have not attended previous sessions in this series are welcome to register for this session.



Mental Health Foundation

Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

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