Caregiver Education Team Newsletter

January 2022

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.

Lunch & Learns

Parenting Strategies that Promote Positive Mental Health
Part 1:
Tuesday, January 11
12:00 – 1:00 pm
Part 2:
Tuesday, January 18
12:00 – 1:00 pm

More than Just a Bad Day
Understanding Depression
Thursday, January 13
12:00 – 1:00 pm

Sleep and Your Family's Mental Health
Part 1:
Thursday, January 20
12:00 – 1:00 pm
Part 2:
Thursday, January 27
12:00 – 1:00 pm

Understanding Self-Injury
Tuesday, January 25
12:00 – 1:00 pm

Understanding Anxiety Series

Part 1: Introduction
Wednesday, January 12
12:00 – 1:00 pm

Part 2: Calming Our Bodies
Wednesday, January 19
12:00 – 1:00 pm

Part 3: Settling Our Minds
Wednesday, January 26
12:00 – 1:00 pm

Caregiver Education Sessions

Test Anxiety
Monday, January 10
6:00 – 7:30 pm

Mindfulness
Monday, January 17
6:00 – 7:30 pm

Substance Use
Wednesday, January 19
6:00 – 7:30 pm

Understanding Autism
Monday, January 24
6:00 – 7:30 pm

Parenting Teens in the 21st Century
Monday, January 31
6:00 – 7:30 pm

Drop-in Series

SEEDS Growing Together

Part 1: Creating Positive Experiences Through Play
Thursday, January 13
6:00 – 7:30 pm

Part 2: Supporting Emotional Growth in Children
Thursday, January 20
6:00 – 7:30 pm

Part 3: Motivating Your Child Through Praise and Rewards
Thursday, January 27
6:00 – 7:30 pm

Mental Health and Resiliency Series

Part 1: Settling Into Routines
Wednesday, January 12
6:00 – 7:30 pm

Part 2: Giving Time and Attention to Our Big Needs
Wednesday, January 26
6:00 – 7:30 pm

Sessions at a Glance

Mental Health Foundation

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

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

January 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.

Test Anxiety

Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Monday, January 10, 2022
Time: 6:00 – 7:30 pm
Notes: For caregivers and teens (grades 7-12) to attend together.

Mindfulness

Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

Date: Monday, January 17, 2022
Time: 6:00 – 7:30 pm
Notes: For caregivers of children grades K-12; for adults only.

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, January 19, 2022
Time: 6:00 – 7:30 pm
Notes: 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

Parent Feedback:

"This session was interesting and well delivered. The speakers were both great and kept my attention. I liked the interactive nature of the presentation."

"Thank you - this session was so great!"

"The interactive aspect with questions and polls was appreciated."

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Caregiver Education Sessions

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.

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: Monday, January 24, 2022
Time: 6:00 – 7:30 pm
Notes: For caregivers of children grades K-12 for adults only.

Parenting Teens in the 21st Century

Respectful Limit Setting with Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Date: Monday, January 31, 2022
Time: 6:00 – 7:30 pm
Note: For caregivers of children grades 7-12; for adults only.

January 2022

Registration

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To register, click HERE or go to:

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Parent Feedback:

"The speaker was personable and easy to listen to. Content was a good reminder to remember the stresses felt from perspective of teen."

"I thought it was an excellent session, presented very professionally, and packed full of information! Thank you!"

"Very well prepared. The length and time the session started were just right. Thank you."

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Lunch & Learn Webinars

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.

January 2022

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Tuesday, January 11, 2022
Time: 12:00 – 1:00 pm
Notes: For caregivers of children in grades K-6; for adults only.

Part 2: Tuesday, January 18, 2022
Time: 12:00 – 1:00 pm
Notes: For caregivers of children in grades K-6; for adults only.

More than Just a Bad Day

Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

Date: Thursday, January 13, 2022
Time: 12:00 – 1:00 pm
Notes: For caregivers of children grades 7-12; for adults only.

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 – Thursday, January 20, 2022
Time: 12:00 – 1:00 pm
Note: For caregivers of children grades K-12; for adults only.

Part 2 – Thursday, January 27, 2022
Time: 12:00 – 1:00 pm
Note: For caregivers of children grades K-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

Parent Feedback:

"I want to thank everyone at the CYF Caregiver Education team for hosting such informational workshops…"

"I really loved all of the specific examples of how one could possibly help their child with learning these skills in specific situations."

"I attend as many of these sessions as I possibly can and appreciate that they are scheduled at the time I can usually take a lunch hour break."

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Lunch & Learn Webinars

January 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.

Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Tuesday, January 25, 2022
Time: 12:00 – 1:00 pm
Notes: For caregivers of youth in grades 7-12; for adults only.

Understanding Anxiety Series

These sessions will help caregivers better understand the difference between their child's normal worries and anxiety that is no longer productive. Signs that a child or adolescent is experiencing problems with anxiety will be discussed and strategies for reducing the body's stress responses, negative thinking traps, and anxious behaviours will be shared.

Part 1: An Introduction

Date: Wednesday, January 12, 2022
Time: 12:00 – 1:00 pm
Notes: For caregivers of children grades K-12; for adults only.

Part 2: Calming Our Bodies

Date: Wednesday, January 19, 2022
Time: 12:00 – 1:00 pm
Notes: For caregivers of children grades K-12; for adults only.

Part 3: Settling Our Minds

Date: Wednesday, January 26, 2022
Time: 12:00 – 1:00 pm
Notes: For caregivers of children grades K-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

Parent Feedback:

"These sessions are excellent! …The content is top notch, the delivery is great (I love that it's online because it makes it easier to attend), and the facilitators seem to be very knowledgeable…"

"I love that there is an interactive portion to keep people engaged and hear other parents' struggles and strategies - it helps with the isolation that I think a lot of us have felt in our parenting journey through Covid…Keep up the great work!"

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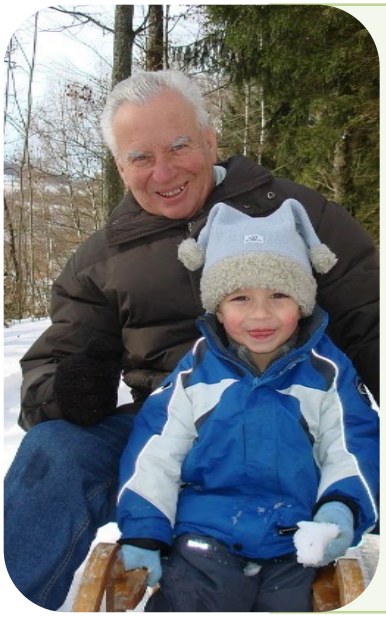
Drop-in Series

January 2022



Mental Health and Resiliency Series

This FREE parenting program is for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these 90-minute introductory-level information sessions, you will learn strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. As part of a 7-session series, parents are welcome to attend one session or join us each week.

Part 1: Settling Into Routines

Making Uncertain Times More Predictable

In this webinar, explore ways to decrease your family's stress and increase stability through consistent and predictable routines.

Date: Wednesday, January 12, 2022
Time: 6:00 – 7:30 pm
Notes: For caregivers of children grades K-9; for adults only.

Part 2: Giving Time and Attention to Our Big Needs

Strategies for balancing your family's basic needs around nutrition, exercise, sleep, socialization, and technology use are discussed.

Date: Wednesday, January 26, 2022
Time: 6:00 – 7:30 pm
Notes: For caregivers of children grades K-9; 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

"I always get so much out of these sessions and really appreciate you sharing out all the videos and resources after! Amazing!"

"The session was excellent. Perfect time duration and appreciated multiple session presenters. Liked use of media and polling in the presentation."

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Drop-in Series

January 2022

SEEDS Growing Parenting Skills
The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) 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. In this 7 session series, caregivers will receive practical information, share tips, and participate in group discussion.

Part 1: Creating Positive Experiences Through Play

Join us in a session on how we can develop positive relationships with our children. As one of the most foundational parenting strategies, other strategies are more effective when you discover the connection that can be built through child-directed play.

Date: Thursday, January 13, 2022
Time: 6:00 – 7:30 pm
Note: For caregivers of children in grades K-6; for adults only.

Part 2: Supporting Emotional Growth in Children

This session is designed to help parents learn ways they can support their child's development and relationships through social and emotional coaching.

Date: Thursday, January 20, 2022
Time: 6:00 – 7:30 pm
Note: For caregivers of children in grades K-6; for adults only.

Part 3: Motivating Your Child Through Praise and Rewards

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach goals.

Date: Thursday, January 27, 2022
Time: 6:00 – 7:30 pm
Note: For caregivers of children in 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

"These sessions are fabulous and really helpful - I always gain new insights and tools to use with my child. Thank you!"

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

"The topic and session time were perfect. The presentation was interactive and quite helpful."

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