

Caregiver Education Sessions

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.

Kids Help Phone – NOT Just for Kids

Bullying, suicide, emotional health and well-being - concerns like these can be hard to talk about with the young people in your life but talking can also be an important step. That's why Kids Help Phone created Tools & Resources for parents and caregivers. This fantastic support zone is available to you via Kids Help Phone website and is proudly supported by the Boston Pizza Foundation Future Prospects. This session will help caregivers to learn how Kids Help Phone can be an everyday resource, not only when in crisis. Hear from a Kids Help Phone Counsellor – and get a virtual tour of Kids Help Phone website highlighting “Tools and Resources” and it's a great opportunity ask question on how counsellors respond to kids when they call.



Kids Help Phone – Not Just for Kids

DATE: Tuesday, September 20, 2016

TIME: 5:00-6:30pm

LOCATION: East Edmonton Health Centre Rooms

7910 112 Ave NW, Edmonton, AB

Room: 0-027A and 0-027B [Conference Rooms 4 & 5]

Notes: This session is for adults only. Pizza and drinks will be provided.

Register at:

<https://www.surveymonkey.com/r/HelpPhone>

Breaking the Cycle of Anxiety: A Step by Step Approach

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.

Breaking the Cycle of Anxiety: A Step by Step Approach

DATE: Tuesday, September 27, 2016

TIME: 5:00-6:30pm

LOCATION: Belgravia School

11605 - 74 Ave NW, Edmonton, AB

Notes: This session is for adults only.

Register at:

<https://www.surveymonkey.com/r/anxietyfall2016>

Breaking the Cycle of Anxiety: A Step by Step Approach

DATE: Tuesday, October 4, 2016

TIME: 5:00-6:30pm

LOCATION: Jasper Place High School

8950 - 163 Street, Edmonton, AB

Notes: This session is for adults only.

Register at:

<https://www.surveymonkey.com/r/anxietyfall2016>

Caregiver Education Sessions

<p>Breaking the Cycle of Anxiety: A Step by Step Approach</p> <p>DATE: Wednesday, October 5, 2016 TIME: 6:00-7:30pm LOCATION: Sister Annata Brockman School 355 Hemingway Rd NW, Edmonton, AB Notes: This session is for adults only.</p> <p>Register at: https://www.surveymonkey.com/r/anxietyfall2016</p>	<p>Breaking the Cycle of Anxiety: A Step by Step Approach</p> <p>DATE: Thursday, October 13, 2016 TIME: 6:00-7:30pm LOCATION: John D. Bracco School 3150 - 139 Ave NW, Edmonton, AB Notes: This session is for adults only.</p> <p>Register at: https://www.surveymonkey.com/r/anxietyfall2016</p>
<p>Breaking the Cycle of Anxiety: A Step by Step Approach</p> <p>DATE: Tuesday, October 18, 2016 TIME: 6:00-7:30pm LOCATION: Willow Park School 5212 - 52 Street, Leduc, AB Notes: This session is for adults only.</p> <p>Register at: https://www.surveymonkey.com/r/anxietyfall2016</p>	
<p>Breaking the Cycle of Anxiety: A Step by Step Approach</p> <p>DATE: Tuesday, October 25, 2016 TIME: 6:00-7:30pm LOCATION: Rosslyn School 13215 - 113A Street, Edmonton, AB Notes: This session is for adults only.</p> <p>Register at: https://www.surveymonkey.com/r/anxietyfall2016</p>	<p>Breaking the Cycle of Anxiety: A Step by Step Approach</p> <p>DATE: Tuesday, November 8, 2016 TIME: 6:00-7:30pm LOCATION: Coronation School 10925 - 139 Street, Edmonton, AB Notes: This session is for adults only.</p> <p>Register at: https://www.surveymonkey.com/r/anxietyfall2016</p>

**Register
Early... Space
is limited!!**

Questions? Cancellations? Please contact:

CYFCaregiverEducation@ahs.ca

Or 780-415-0074

Caregiver Education Sessions

Test Anxiety: Strategies for Success

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.

★ *Parents and teens (grades 7-12) are encouraged to attend this session together.*

Test Anxiety: Strategies for Success

DATE: Wednesday, September 28, 2016

TIME: 6:00-7:30pm

LOCATION: Westminster Junior High School
13712 - 104 Ave NW, Edmonton, AB

★ **Notes:** Both parents and teens (grade 7 – 12) are encouraged to attend this session together.

Register at:

<https://www.surveymonkey.com/r/testanxietyfall2016>

Test Anxiety: Strategies for Success

DATE: Thursday, October 27, 2016

TIME: 6:00-7:30pm

LOCATION: Holy Cross Académie Internationale
15120 – 104 Ave, Edmonton, AB

★ **Notes:** Both parents and teens (grade 7 – 12) are encouraged to attend this session together.

Register at:

<https://www.surveymonkey.com/r/testanxietyfall2016>



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. ★ Please note that **some sessions welcome teens** to attend with their parents and others are intended only for adults.

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Caregiver Education Sessions

Supporting Self Regulation in Elementary School Children

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.



Supporting Self-Regulation in Elementary School Children

DATE: Thursday, September 29, 2016

TIME: 4:30-6:00pm

LOCATION: Sherwood School
9550 - 152 Street, Edmonton, AB

Notes: This session is for adults only.

Register at:

<https://www.surveymonkey.com/r/selfregfall2016>

Supporting Self-Regulation in Elementary School Children

DATE: Thursday, October 20, 2016

TIME: 5:00-6:30pm

LOCATION: Belgravia School
11605 - 74 Ave NW, Edmonton, AB

Notes: This session is for adults only.

Register at:

<https://www.surveymonkey.com/r/selfregfall2016>

Supporting Self-Regulation in Elementary School Children

DATE: Wednesday, October 26, 2016

TIME: 6:00-7:30pm

LOCATION: École Corinthia Park School
127 Corinthia Drive, Leduc, AB

Notes: This session is for adults only.

Register at:

<https://www.surveymonkey.com/r/selfregfall2016>

Supporting Self-Regulation in Elementary School Children

DATE: Wednesday, November 9, 2016

TIME: 6:00-7:30pm

LOCATION: Sister Annata Brockman School
355 Hemingway Rd NW, Edmonton, AB

Notes: This session is for adults only.

Register at:

<https://www.surveymonkey.com/r/selfregfall2016>

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.

Caregiver Education Sessions

Social Skills: The Building Blocks of Success

Does your elementary school child struggle to make or maintain friendships? As the use of technology increases in society, do you find yourself struggling to support your child's social skills? Social skills are essential to academic success and positive self-esteem. It is a core element of resiliency enabling children to withstand hard times. This session will define social skills and discuss ways that caregivers can build positive social skills in children in the 21st century. We will review what you can do to support the development of these skills in your child so to sustain lifelong positive mental health.

Social Skills: The Building Blocks of Success

DATE: Tuesday, October 11, 2016

TIME: 6:00-7:30pm

LOCATION: Coronation School
10925 - 139 Street, Edmonton, AB

Notes: This session is for adults only.

Register at:

<https://www.surveymonkey.com/r/socialskillsfall2016>

Social Skills: The Building Blocks of Success

DATE: Wednesday, October 12, 2016

TIME: 5:30-7:00pm

LOCATION: St. Vladimir School
7510 - 132 Ave, Edmonton, AB

Notes: This session is for adults only.

Register at:

<https://www.surveymonkey.com/r/socialskillsfall2016>

Social Skills: The Building Blocks of Success

DATE: Wednesday, October 19, 2016

TIME: 6:00-7:30pm

LOCATION: Esther Starkman School
2717 Terwillegar Way NW, Edmonton, AB

Notes: This session is for adults only.

Register at:

<https://www.surveymonkey.com/r/socialskillsfall2016>



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Or 780-415-0074

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Caregiver Education Sessions

Parenting Teens in the 21st Century: Respectful Limit Setting with Adolescents

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 parenting a teenager. 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.

Parenting Teens in the 21st Century

DATE: Tuesday, November 1, 2016
TIME: 5:00-6:30pm
LOCATION: Jasper Place High School
8950 - 163 Street, Edmonton, AB
Notes: This session is for adults only.

Register at:
<https://www.surveymonkey.com/r/21stfall2016>

Parenting Teens in the 21st Century

DATE: Wednesday, November 2, 2016
TIME: 6:00-7:30pm
LOCATION: Louise St. Laurent School
11230 - 43 Ave, Edmonton, AB
Notes: This session is for adults only.

Register at:
<https://www.surveymonkey.com/r/21stfall2016>

Parenting Teens in the 21st Century

DATE: Wednesday, November 23, 2016
TIME: 6:00-7:30pm
LOCATION: Westminster Junior High School
13712 - 104 Ave NW, Edmonton, AB
Notes: This session is for adults only.

Register at:
<https://www.surveymonkey.com/r/21stfall2016>



Parenting Teens in the 21st Century

DATE: Tuesday, December 6, 2016
TIME: 6:00-7:30pm
LOCATION: John D. Bracco School
3150 - 139 Ave NW, Edmonton, AB
Notes: This session is for adults only.

Register at:
<https://www.surveymonkey.com/r/21stfall2016>

Parenting Teens in the 21st Century

DATE: Tuesday, December 13, 2016
TIME: 6:00-7:30pm
LOCATION: Rosslyn School
13215 - 113A Street, Edmonton, AB
Notes: This session is for adults only.

Register at:
<https://www.surveymonkey.com/r/21stfall2016>

Caregiver Education Sessions

Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD

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, as well as ways that ADHD can impact 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.

Keeping Scattered Kids on Track

DATE: Thursday, November 3, 2016
TIME: 4:30-6:00pm
LOCATION: Progressive Academy
 13212 - 106 Ave NW, Edmonton, AB
Notes: This session is for adults only.

Register at:
<https://www.surveymonkey.com/r/ADHDFall2016>

Keeping Scattered Kids on Track

DATE: Wednesday, November 16, 2016
TIME: 6:00-7:30pm
LOCATION: Sherwood School
 9550 - 152 Street, Edmonton, AB
Notes: This session is for adults only.

Register at:
<https://www.surveymonkey.com/r/ADHDFall2016>



Keeping Scattered Kids on Track

DATE: Wednesday, December 7, 2016
TIME: 6:00-7:30pm
LOCATION: Sister Annata Brockman School
 355 Hemingway Rd NW, Edmonton, AB
Notes: This session is for adults only.

Register at:
<https://www.surveymonkey.com/r/ADHDFall2016>

Questions? Cancellations? Please contact:

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Or 780-415-0074

Caregiver Education Sessions

More than Just a bad Day: Understanding and Supporting Youth with Depression and Self-Injury

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.



More than Just a Bad Day

DATE: Thursday, November 17, 2016

TIME: 6:00-7:30pm

LOCATION: École Secondaire Beaumont Composite High School

5417 - 43 Ave, **Beaumont**, AB

Notes: This session is for adults only.

Register at:

<https://www.surveymonkey.com/r/Depressionfall2016>

More than Just a Bad Day

DATE: Tuesday, November 22, 2016

TIME: 5:00-6:30pm

LOCATION: Dan Knott Junior High
1434 - 80 St NW, Edmonton, AB AB

Notes: This session is for adults only.

Register at:

<https://www.surveymonkey.com/r/Depressionfall2016>

Caring for yourself so you can Care for your Children

Parenting and caregiving is one of the most rewarding things someone can do, but it's also one of the most challenging and stressful. We spend so much time and energy caring for others that we sometimes forget to care for ourselves. Learn to recognize the signs/symptoms of stress and how this can impact your wellbeing. Explore why self-care is crucial to your well-being and the well-being of your children. This session will leave you with your own self-care strategies and a greater understanding of the benefits of mindfulness training.

Caring for yourself so you can Care for Your Children

DATE: Thursday, December 8, 2016

TIME: 5:00-6:30pm

LOCATION: Edith Rogers Junior High
8308 Mill Woods Rd NW, Edmonton, AB

Notes: This session is for adults only.

Register at:

<https://www.surveymonkey.com/r/Caringfall2016>