

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.

Transitioning Into Junior High

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 demands of junior high school? This session will provide information about the developmental changes young teens experience, and the challenges they face as they transition to junior high school. The strategies and resources provided will empower caregivers to increase their child's ability to deal with the challenges of junior high school while also boosting their mental health.



Date: March 15, 2016

Time: 6:00 – 7:30 pm
Location: George P. Nicholson School
(1120 – 113 Street NW)
Edmonton, AB
Room: TBA

Register at:

<https://www.surveymonkey.com/r/juniorhighwinter2016>

★ ***Both parents and students (grade 6 – 8) are encouraged to attend this session together***

Date: April 12, 2016

Time: 6:00 – 7:30 pm
Location: Willow Park School
(5212 – 52 Street)
Leduc, AB
Room: TBA

Register at:

<https://www.surveymonkey.com/r/juniorhighwinter2016>

★ ***Both parents and students (grade 6 – 8) are encouraged to attend this session together***

Date: April 20, 2016

Time: 6:00 – 7:30 pm
Location: Greenfield School
(3735 – 114 Street)
Edmonton, AB
Room: TBA

Register at:

<https://www.surveymonkey.com/r/juniorhighwinter2016>

★ ***Both parents and students (grade 6 – 8) are encouraged to attend this session together***

Date: April 28, 2016

Time: 5:30 – 7:00 pm
Location: Edith Roger School
(8308 Millwoods Road)
Edmonton, AB
Room: TBA

Register at:

<https://www.surveymonkey.com/r/juniorhighwinter2016>

★ ***Both parents and students (grade 6 – 8) are encouraged to attend this session together***

Caregiver Education Sessions

Substance Awareness for Parents and Teens

Come join us for a fun and interactive session to learn about drugs. See what you know about the current drug trends in our community. We will learn about the facts and myths related to teen substance use and how to prevent substance use problems amongst teens. Parents will learn about strategies to intervene and supports teens on the issue of substance use. Teens will learn the truth about drugs and the impacts on their health.

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

Date: **March 23, 2016**

Time: **5:30 – 7:15 pm**

Location: **Dan Knott School
(1434-80 Street)
Edmonton, AB
Room: TBA**

Register at: <https://www.surveymonkey.com/r/substancewinter2016>

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



**DRUG
FREE
YOUTH**

More than just a bad day – Understanding and Supporting Students 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 practical strategies and resources to support youth experiencing depression who maybe self-injuring.



Date: **April 7, 2016**

Time: **6:00 – 7:30 pm**

Location: **Waverly School
(6825 – 89 Avenue)
Edmonton, AB
Room: Library**

Register at:

<https://www.surveymonkey.com/r/baddaywinter2016>

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 and adolescents. The strategies and resources provided will empower and foster caregivers' essential skills to increase children's mental health and resiliency.

Date: April 5, 2016

Time: 6:00 – 7:30 pm
Location: Patricia Heights School
(16216 – 78 Avenue)
Edmonton, AB
Room: Library

Register at:

<https://www.surveymonkey.com/r/selfregwinter2016>

Date: April 21, 2016

Time: 6:00 – 7:30 pm
Location: Wild Rose School
(58 Grenfell Avenue)
St. Albert, AB
Room: TBA

Register at:

<https://www.surveymonkey.com/r/selfregwinter2016>

Date: April 27, 2016

Time: 6:00 – 7:30 pm
Location: St. Marguerite Catholic School
(395 Grove Drive)
Spruce Grove, AB
Room: Library

Register at:

<https://www.surveymonkey.com/r/selfregwinter2016>

Date: May 11, 2016

Time: 6:00 – 7:30 pm
Location: Meyokumin School
(5703 – 19A Avenue)
Edmonton, AB
Room: Library

Register at:

<https://www.surveymonkey.com/r/selfregwinter2016>

Children & Adolescents with Anxiety

This session will distinguish between normal anxiety and anxiety disorders. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as e-health tools (apps) designed to help youth cope.

Date: April 14, 2016

Time: 6:00 – 7:30 pm
Location: Hillview School
(355 Woodvale Road East NW)
Edmonton, AB
Room: Library

Register at:

<https://www.surveymonkey.com/r/anxietywinter2016>

Questions? Cancellations? Please contact:

CYFCaregiverEducation@ahs.ca

Or 780-415-0074

Caregiver Education Sessions

Self Esteem, Body Image and Control: Supporting Teens with Eating Issues

The facts can be shocking when it comes to the self-esteem and body image of children and youth. Did you know that 42% of Grade 1-3 girls want to be thinner and 81% of 10 year olds are afraid of being fat? This negative thinking can turn to action as half of teenage girls and a third of teenage boys have used weight control measures. Teenage years can be a stressful time with developmental changes, social pressures and academic demands. This session will help caregivers learn to recognize the warning signs of disordered eating and its impact on a youth's body image. The strategies provided will empower caregivers to promote a healthy self-esteem and body image in their teens.



Date: April 13, 2016

Time: 6:00 – 7:30 pm
Location: Esther Starkman School
Edmonton, AB
Room: Library
Register at:

<https://www.surveymonkey.com/r/EatingWinter2016>

Date: April 26, 2016

Time: 6:00 – 7:30 pm
Location: Jasper Place High School
(8950 – 163 Street)
Edmonton, AB
Room: 188
Register at

<https://www.surveymonkey.com/r/EatingWinter2016>



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Caregiver Education Sessions

Test Anxiety

Does your child prepare for a test only to freeze or blank out during the test? Did you know that test anxiety is very common among students? This session will help caregivers support their children 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 child to use to manage anxiety symptoms.

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

Date: April 19, 2016

Time: 5:30- 7:00 pm

**Location: Crestwood School
(9735 – 144 Street)**

Edmonton, AB

Room: TBA

Register at:

<https://www.surveymonkey.com/r/testanxietywinter2016>

Date: May 10, 2016

Time: 6:00- 7:30 pm

**Location: Louise St. Laurent
School**

(11230 – 43 Avenue)

Edmonton, AB

Room: TBA

Register at:

<https://www.surveymonkey.com/r/testanxietywinter2016>

Date: May 17, 2016

Time: 6:00- 7:30 pm

**Location: Vernon Barford School
(32 Fairway Drive NW)**

Edmonton, AB

Room: TBA

Register at:

<https://www.surveymonkey.com/r/testanxietywinter2016>

Date: May 31, 2016

Time: 5:00- 6:30 pm

**Location: Jasper Place High School
(8950 – 163 Street)**

Edmonton, AB

Room: 188

Register at:

<https://www.surveymonkey.com/r/testanxietywinter2016>

Parenting Teens in the 21st Century

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 also learn how to use discipline and establish healthy, respectful boundaries with your teen so that you can spend less time arguing and more time enjoying each other's company



Date: May 4, 2016

Time: 6:00 – 7:30 pm

**Location: Sister Annata Brockman School
(355 Hemingway Road NW)**

Edmonton, AB

Room: Library

Register at: <https://www.surveymonkey.com/r/21centurywinter2016>

Caregiver Education Sessions

Keeping Scattered Kids on Track: Supporting Children and Adolescents with Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, 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.



Date: May 12, 2016

Time: 6:00 – 7:30 pm
Location: Wavely School
(6825 – 89 Avenue)
Edmonton, AB
Room: Library

Register at:
<https://www.surveymonkey.com/r/ADHDwinter2016>

Date: June 8, 2016

Time: 5:30 – 7:00 pm
Location: Kate Chegwin School
(3119 – 48 Avenue)
Edmonton, AB
Room: TBA

Register at:
<https://www.surveymonkey.com/r/ADHDwinter2016>

**Register
Early...space
is limited!!**

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