

Caregiver Education Team Newsletter

May 2022



AHS, in collaboration with [The Mental Health Foundation](#), 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

Parenting Teens in the 21st Century

*Respectful Limit Setting with
Adolescents*

Part 1: Tuesday, May 3

Part 2: Tuesday, May 10

Understanding Anxiety Series

Part 4: Overcoming Avoidance

Wednesday, May 4

Part 1: An Introduction

Wednesday, May 11

Part 2: Calming Our Bodies

Wednesday, May 18

Part 3: Settling Our Minds

Wednesday, May 25

Sessions at a Glance

Lunch & Learns 12:00 – 1:00 pm

Keeping Scattered Kids on Track

*Supporting Children and
Adolescents with ADHD*

Part 1: Thursday, May 5

Part 2: Thursday, May 19

More than Just a Bad Day

*Understanding Depression
in Adolescents*

Monday, May 9

Parenting Strategies that Promote Positive Mental Health

Part 1: Tuesday, May 17

Part 2: Tuesday, May 24

Understanding Self-Injury

Tuesday, May 31

Caregiver Education Sessions

6:00 – 7:30 pm

Body Image and Eating Disorders

Wednesday, May 4

Collaborative Problem Solving

*Helping our Kids Navigate
Challenging Situations*

Thursday, May 12

Test Anxiety

Strategies for Success

Wednesday, May 18

I HAVE, I AM, I CAN

*Building Resilience in
Children and Youth*

Thursday, May 26



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May 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

Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

Date: Wednesday, May 4, 2022

Time: 6:00 – 7:30 pm

For caregivers of youth grades 7-12 for adults only

Collaborative Problem Solving Helping our Kids Navigate Challenging Situations

In this session from our 'Mental Health and Resiliency' Series, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

Date: Thursday, May 12, 2022

Time: 6:00 – 7:30 pm

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

Parent Feedback:

“Really enjoyed the session today. The speakers are very engaging and knowledgeable and allowed us to provide feedback and stay connected within the discussion.”

“I am grateful that you provided the opportunity for this learning.”

“This was my first webinar with you, but it won't be my last. Excellent information.”



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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: Wednesday, May 18, 2022

Time: 6:00 – 7:30 pm

For caregivers and teens grades 7-12 to attend together.

I HAVE, I AM, I CAN

Building Resilience in Children and Youth

In today's world, our children need to feel supported, resourceful, and equipped so that they can foster resilience and 'bounce back' from life's challenges more effectively. In this session, we will look at foundational strategies that help children and youth to engage with supportive relationships and communities ("I have!"), identify their internal strengths and abilities ("I am!"), and access practical skills ("I can!") to help them cope through daily stressors and work towards positive goals.

Date: Thursday, May 26, 2022

Time: 6:00 – 7:30 pm

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

Parent Feedback:

"The session was delivered very well, and my teen enjoyed the interactive aspects of it a lot."

"I enjoyed this. I hope to join more of these."

"This session was so helpful - the presenters were relatable and gave practical advice."

"Virtual delivery is so convenient. The presenters did a wonderful job, and were very knowledgeable. Thank you!"



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

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Lunch & Learn Webinars

May 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 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.

This month, we conclude our previous series with Part 4 on Overcoming Avoidance and begin the series again with Part 1, our introduction to anxiety in children and youth.

Part 4: Overcoming Avoidance

Date: Wednesday, May 4, 2022

Time: 12:00 – 1:00 pm

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

Part 1: An Introduction

Date: Wednesday, May 11, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Calming Our Bodies

Date: Wednesday, May 18, 2022

Time: 12:00 – 1:00 pm

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

Part 3: Settling Our Minds

Date: Wednesday, May 25, 2022

Time: 12:00 – 1:00 pm

For caregivers of children and youth 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.

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Parent Feedback:

“Thank you for hosting these sessions. Having them on zoom has made it possible to attend the series. Very helpful to have this knowledge.”

“I enjoyed the 'polls' and interactive questions. Time and length was good.”

“I would like to thank you for the amazing presentation and information.”



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Registration:

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Parent Feedback:

“Excellent topic, simple, and doable. Good information. Thank you for this information in times like these with so much stress to deal with.”

“Great webinar, one of the better ones I have been to.”

“I really appreciated the way manner in which both presenters delivered their material.”

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.

Part 1: Tuesday, May 3, 2022

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12; [for adults only.](#)

Part 2: Tuesday, May 10, 2022

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12; [for adults only.](#)

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, May 17, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6; [for adults only.](#)

Part 2: Tuesday, May 24, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6; [for adults only.](#)



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Lunch & Learn Webinars

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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: Monday, May 9, 2022

Time: 12:00 – 1:00 pm

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

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), ways that ADHD can affect all areas of life, and strategies for supporting success in children and youth with ADHD.

Part 1: Thursday, May 5, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Thursday, May 19, 2022

Time: 12:00 – 1:00 pm

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

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, May 31, 2022

Time: 12:00 – 1:00 pm

For caregivers of youth in 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.

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Parent Feedback:

“I enjoyed the presentation. Two different speakers broke it up a bit and the videos that were shared we great.”

“Was very engaging - well done!”

“The facilitators were great, engaging, used great videos to break up the material, and were very responsive to questions. I got a lot out of this session and I'm excited to make some changes.”



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