

Caregiver Education Team Newsletter

November 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 Session

Test Anxiety Strategies for Success
Monday, November 1
6:00 – 7:30 pm

Mindfulness Benefits for the Whole Family
Thursday, November 4
6:00 – 7:30 pm

Understanding Autism
Thursday, November 18
6:00 – 7:30 pm

Parenting Strategies that Promote Mental Health
Monday, November 22
6:00 – 7:30 pm

Body Image and Eating Disorders
Thursday, November 25
6:00 – 7:30 pm

**Parenting Teens in the 21st Century
Respectful Limit Setting with Adolescents**
Monday, November 29
6:00 – 7:30 pm

Lunch & Learns

Understanding Anxiety Series

Part 1: An Introduction
Tuesday, November 2
12:00 – 1:00 pm

Part 2: Calming Our Bodies
Tuesday, November 16
12:00 – 1:00 pm

Part 3: Settling Our Minds
Tuesday, November 23
12:00 – 1:00 pm

Part 4: Overcoming Avoidance
Tuesday, November 30
12:00 – 1:00 pm

**More than Just a Bad Day
Understanding Depression in Adolescents**
Wednesday, November 3
12:00 – 1:00 pm

Sessions at a Glance

Drop-in Series

SEEDS Growing Together

Supporting Your Child with Structure and Routine
Wednesday, November 3
6:00 – 7:30 pm

Managing Meltdowns and Shutdowns
Wednesday, November 17
6:00 – 7:30 pm

Helping Our Kids Figure Things Out
Wednesday, November 24
6:00 – 7:30 pm



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

November 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.

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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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, November 1, 2021

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: Thursday, November 4, 2021

Time: 6:00 – 7:30 pm

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

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: Thursday, November 18, 2021

Time: 6:00 – 7:30 pm

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

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.”



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

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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.

Date: Monday, November 22, 2021

Time: 6:00 – 7:30 pm

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

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: Thursday, November 25, 2021

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, November 29, 2021

Time: 6:00 – 7:30 pm

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

Parent Feedback:

“Really interesting session presented in a kind and thoughtful way. Thank you!”

“Thank you so much for your time and presenting. This session went way beyond my expectations.”

“I attend a lot of these sessions and what I really enjoyed most... is that you didn't just talk about things, you offered practical, easy-to-use techniques.”



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

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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, sessions, participants can attend one or all sessions.

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: Wednesday, November 3, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children 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: Tuesday, November 2, 2021

Time: 12:00 – 1:00 pm

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

Part 2: Calming Our Bodies

Date: Tuesday, November 16, 2021

Time: 12:00 – 1:00 pm

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

Part 3: Settling Our Minds

Date: Tuesday, November 23, 2021

Time: 12:00 – 1:00 pm

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

Part 4: Overcoming Avoidance

Date: Tuesday, November 30, 2021

Time: 12:00 – 1:00 pm

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

November 2021

Registration:

Sessions are offered online through the Zoom conferencing application.

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Parent Feedback:

“As a parent, this presentation helps to give me the language to talk about anxiety with my daughter that she can understand. Some of the exercises have proven useful and I feel I have some resources and direction to help navigate her (and my) anxiety.”

“The presenters were highly prepared for the session, it was a pleasure to listen to them. The best presentation I attended so far. Thank you!!”



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Drop-in Series

November 2021

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. Caregivers will receive practical information, share tips, and participate in group discussion.

Supporting Your Child with Structure and Routine

Providing structure and routine is one of the most effective means of promoting healthy development in our children. Learn how to use these strategies in your home and how to assist your child in daily transitions.

Date: Wednesday, November 3, 2021

Time: 6:00 – 7:30 pm

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

Managing Meltdowns and Shutdowns

This session is designed to help parents understand the brain science behind a child's meltdowns and shutdowns and strategies we can use to help regulate our minds and bodies.

Date: Wednesday, November 17, 2021

Time: 6:00 – 7:30 pm

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

Helping Our Kids Figure Things Out

Do you find that your child struggles to find solutions when problems arise? This session will show you some simple steps for breaking down problems and finding solutions with your children.

Date: Wednesday, November 24, 2021

Time: 6:00 – 7:30 pm

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

Registration

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Parent Feedback

“Thank you very much, I will really like to see this seminar again with my friends.... It was very helpful. Thank you very much!”

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

“Thank you for all your amazing seminars, that help me a lot and my family.”



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