

Caregiver Education Team Newsletter

May 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.

Drop-In Series

SEEDS: Growing Parenting Skills

Creating Positive Experiences Through Presence & Play

Wednesday, May 5
6:00 – 7:30 pm

Supporting Emotional Growth in Children

Wednesday, May 12
6:00 – 7:30 pm

Motivating Your Child Through Praise and Rewards

Wednesday, May 19
6:00 – 7:30 pm

Supporting Your Child With Structure and Routine

Wednesday, May 26
6:00 – 7:30 pm

Mental Health and Resiliency

Calming our Bodies and our Minds

Thursday, May 6
6:00 – 7:30 pm

Resilient Mindsets

Thursday, May 13
6:00 – 7:30 pm

Collaborative Problem Solving

Thursday, May 20
6:00 – 7:30 pm

Sessions at a Glance

Lunch & Learn Webinars

Building Executive Functioning Skills

Part 1: Monday, May 3
12:00 – 1:00 pm

Part 2: Monday, May 10
12:00 – 1:00 pm

Keeping Scattered Kids on Track: Supporting ADHD

Part 1: Wednesday, May 5
12:00 – 1:00 pm

Part 2: Wednesday, May 12
12:00 – 1:00 pm

More than Just a Bad Day:

Understanding Depression
Monday, May 17
12:00 – 1:00 pm

Parenting Strategies for Positive Mental Health

Part 1: Wednesday, May 19
12:00 – 1:00 pm

Part 2: Wednesday, May 26
12:00 – 1:00 pm

Caregiver Education Sessions

Parenting Strategies that Promote Positive Mental Health

Tuesday, May 4
6:00 – 7:30 pm

Test Anxiety:

Strategies for Success
Tuesday, May 11
6:00 – 7:30 pm

Substance Use:

A Harm Reduction Approach
Tuesday, May 18
6:00 – 7:30 pm

Sleep and Your Family's Mental Health

Tuesday, May 25
6:00 – 7:30 pm

Junior-High Jitters:

Transitioning to the Teenage Years
Thursday, May 27
6:00 – 7:30 pm



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May 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:

www.cyfcaregivereducation.ca

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: Tuesday, May 4, 2021

Time: 6:00 – 7:30 pm

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

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: Tuesday, May 11, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers and teens (grades 7-12) to attend together.

Parent Feedback:

"I love that these sessions are available virtually...what a great option this is for busy families."

"Very well presented. Great material."

"I enjoy the facilitators, they all do a fantastic job and I feel like a lot of people/parents can benefit from these sessions as I do!"

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Caregiver Education Sessions

May 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.

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: Tuesday, May 18, 2021

Time: 6:00 – 7:30 pm

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

Sleep and Your Family's Mental Health

Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and strategies to promote healthier sleep habits for your whole family.

Date: Tuesday, May 25, 2021

Time: 6:00 – 7:30 pm

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

Junior-High Jitters

Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. Strategies for managing these changes and boosting wellness will be discussed.

Date: Thursday, May 27, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers and pre-teens (grades 6-8) to attend together.

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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Parent Feedback:

“Clear and well thought out.”

“I found this session very informative and looking forward to using strategies.”

“This is a wonderful resource for all people in our communities. Thank you for offering it for free to the general public.”



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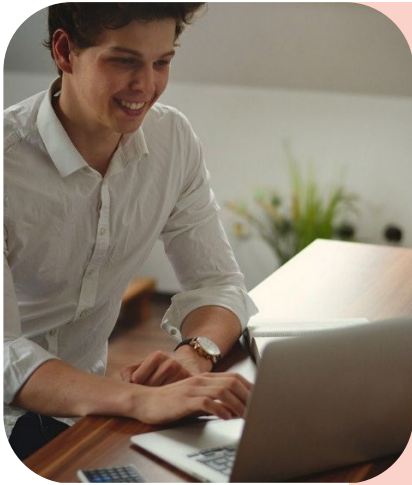


Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

May 2021



These free 60 minute online 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 over two sessions, participants can attend one or both sessions.

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

Building Executive Functioning Skills

Promoting Success in Learning

Review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Part 1: Monday, May 3, 2021

Time: 12:00 – 1:00 pm

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

Part 2: Monday, May 10, 2021

Time: 12:00 – 1:00 pm

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

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

This session will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Part 1: Wednesday, May 5, 2021

Time: 12:00 – 1:00 pm

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

Part 2: Wednesday, May 12, 2021

Time: 12:00 – 1:00 pm

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

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Parent Feedback:

“I really love the virtual delivery format – it's so much more accessible for me.”

“Your series are full of info and also entertaining. The [facilitators] are always so friendly and knowledgeable.”

“Thank you so much for the presentation. Both presenters were excellent and explained the content in a nice way that is easy to follow.”



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Children, Youth & Families
Addiction & Mental Health

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Lunch & Learn Webinars

May 2021

These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness. Participants are welcome to attend single sessions or the full series.

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 17, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children 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: Wednesday, May 19, 2021

Time: 12:00 – 1:00 pm

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

Part 2: Wednesday, May 26, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children 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:

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Parent Feedback:

"The presenters were excellent! Very informative and easy to understand and relate to. Thank you."

"This helped me to understand more about what is happening with my teenager and some ways to help."

"Very engaging and straight forward."

"Session provided good overview of strategies and provided good info."



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Children, Youth & Families
Addiction & Mental Health

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Drop-in Series

May 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 and educational workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's healthy social and emotional development. Caregivers will receive practical information, share parenting tips, and participate in group discussion.

Creating Positive Experiences Through Presence & 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: Wednesday, May 5, 2021

Time: 6:00 – 7:30 pm

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

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: Wednesday, May 12, 2021

Time: 6:00 – 7:30 pm

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

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: Wednesday, May 19, 2021

Time: 6:00 – 7:30 pm

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

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, May 26, 2021

Time: 6:00 – 7:30 pm

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

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Registration

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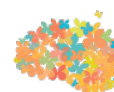
www.cyfcaregivereducation.ca

Parent Feedback

"This was great! Lots of ideas and will be using these in our family."

"I was really happy to learn this session existed. The information was helpful and clear. Thanks!"

"Well presented, informative, and positive. We can incorporate the strategies right away. Thank you."



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For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

May 2021

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.

Calming Our Bodies and Minds

In this online session, we will discuss the ways that our bodies and minds respond to stress and learn strategies for equipping our children to regain a sense of calm and control in the midst of life's stressors.

Date: Thursday, May 6, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children grades K-9; for adults only.

Resilient Mindsets

In this online session, we will look at specific behaviours and habits that parents can encourage in the home to develop a more positive mindset in their child for reducing stress, increasing empathy, and equipping our child to tackle new challenges.

Date: Thursday, May 13, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children grades K-9; for adults only.

Collaborative Problem Solving

In this online session, 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 20, 2021

Time: 6:00 -7:30 pm

Note: 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 think that what is provided is absolutely wonderful. I enjoy the sessions so much. Thank you."

"Loved it! Great information. Loved the videos and the activities."

"Liked this session and will keep on watching in the future!"

"You present the material in a way that is easy to understand and unpack."



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