

Caregiver Education Team Newsletter

April 2022



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.

Lunch & Learns 12:00 – 1:00 pm

Understanding Anxiety Series

Part 4: Overcoming Avoidance

Wednesday, April 6

Part 1: An Introduction

Wednesday, April 13

Part 2: Calming Our Bodies

Wednesday, April 20

Part 3: Settling Our Minds

Wednesday, April 27

Sleep and Your Family's Mental Health

Part 1: Tuesday, April 5

Part 2: Tuesday, April 12

Building Executive Functioning Skills

Part 1: Tuesday, April 19

Part 2: Tuesday, April 26

Sessions at a Glance

Caregiver Education Sessions

6:00 – 7:30 pm

Technology and the Teenage Brain

Digital Wellness for Families

Wednesday, April 6

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

Wednesday, April 27

Resilience in Parenting

Caring for the Caregiver

Thursday, April 28

Drop-In Series 6:00 – 7:30 pm

SEEDS Parenting Series

Managing Meltdowns and Shutdowns

Thursday, April 7

Helping Our Kids Figure Things Out

Thursday, April 14

Effective Consequences

Thursday, April 21



Mental Health Foundation

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

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

April 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

Technology and the Teenage Brain Digital Wellness for Families

Technology is a huge part of our children's lives. Come together to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

Date: Wednesday, April 6, 2022

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

Come and learn about the signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD), and ways that ADHD impacts academic achievement, self-worth, and relationships. Strategies for supporting success in children and adolescents with ADHD will be shared.

Date: Wednesday, April 27, 2022

Time: 6:00 – 7:30 pm

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

Resilience in Parenting Caring for the Caregiver

In parenting, our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

Date: Thursday, April 28, 2022

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.

Parent Feedback:

“Virtual delivery was good, topic was well presented and very useful strategies were given.”

“I really enjoyed this session, it was well presented. I like the video and the hosts knew and had knowledge of what they were talking about.”

“The amount of time was great, the flow was easy to follow and even a bit entertaining! Thank you!”



Mental Health Foundation



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Lunch & Learn Webinars

April 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, sessions, 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, April 6, 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, April 13, 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, April 20, 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, April 27, 2022

Time: 12:00 – 1:00 pm

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

Registration:

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Parent Feedback:

“Thank you for sharing your knowledge. It's an awesome webinar and very helpful to me as a parent.”

“Really enjoyed the lunch and learn time line. Great resources to share with our team.”

“I attended all 4 sessions in this series and they were so helpful. Good information but also actionable strategies and tools... Thank you so much!”



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Sleep and Your Family's Mental Health

These sessions will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

Part 1: Tuesday, April 5, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Tuesday, April 12, 2022

Time: 12:00 – 1:00 pm

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

Building Executive Functioning Skills

Promoting Success in Learning

Take a peek inside the developing brain of a child to learn about the processes that enable kids to engage in problem solving and goal directed behaviors. Learn about these skills and how they impact learning, behavior, emotions, and social interactions. Caregivers will be provided with strategies to assist their children in building their executive functioning skills, including inhibition, working memory and mental flexibility.

Part 1: Tuesday, April 19, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Tuesday, April 26, 2022

Time: 12:00 – 1:00 pm

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

Parent Feedback:

“Awesome speaker, on time and very interactive you won't feel bored.”

“Session Time was flexible. Was joining in from practicum on my lunch. The delivery was engaging and easy to follow.”

“The session was presented well and the information was clear and understandable.”



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Drop-in Series

April 2022

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.

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: Thursday, April 7, 2022

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: Thursday, April 14, 2022

Time: 6:00 – 7:30 pm

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

Effective Consequences

In this session, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

Date: Thursday, April 21, 2022

Time: 6:00 – 7:30 pm

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

Registration

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Parent Feedback

“Presenters were very clear and held my interest. Good use of examples. Thank you!”

“This session was interactive and focused on the intended objectives. Given examples and suggestions were very relevant. The length of the session was appropriate.”

“I am so thankful that this incredibly useful and invaluable resource is available to me and my family.”



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