

Parenting Teens in the 21st Century

Fall Sessions
September—December 2019

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. Presentations are hosted in schools but are open to all adults to attend.

Respectful Limit Setting with Adolescents

Focus is on caregivers of teens (Grades 7-12)

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 a parenting teenagers. You will learn how to establish healthy, respectful boundaries with your teen so that you can spend less time arguing and more time enjoying each other's company.

Register at
www.surveymonkey.com/r/caregiversessions
or www.cyfcaregivereducation.ca
Call 780-342-6885 for more information.

DATE: Tuesday, September 17, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Holy Trinity School
7712 36 Avenue NW, Edmonton AB
Notes: This session is for parents only.

DATE: Tuesday, September 17, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Elk Island Catholic Schools
Central Learning Services
310 Broadview Road, **Sherwood Park**, AB
Notes: This session is for parents only.

DATE: Wednesday, September 25, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Johnny Bright School
1331 Rutherford Road SW, Edmonton, AB
Notes: This session is for parents only.

DATE: Thursday, October 3, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Vimy Ridge Academy
8205 90 Avenue NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Wednesday, October 16, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Archbishop O'Leary School
8760 132 Avenue NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Thursday, October 24, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Beaumont Composite High School
5417 43 Avenue, **Beaumont**, AB
Notes: This session is for parents only.

DATE: Tuesday, October 22, 2019
TIME: 6:00 – 7:30 pm
LOCATION: St. Clement School
7620 Mill Woods Road S, Edmonton, AB
Notes: This session is for parents only.

Caregiver Education Series

Alberta Health Services

Regional Collaborative Service Delivery &
Children, Youth, and Families
Addiction and Mental Health, Edmonton Zone



Breaking the Cycle of Anxiety

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A Step by Step Approach

Focus is on caregivers of kids and teens (Grades K-12)

Anxiety is one of the most common mental health complaints in children and teens today. This session will distinguish between normal anxiety and anxiety that is no longer helpful or productive. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain step by step strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as tools designed to reduce anxiety.

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Call 780-342-6885 for more information.

DATE: Wednesday, September 18, 2019
TIME: 6:00 – 7:30 pm
LOCATION: S. Bruce Smith School
5545 184 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Tuesday, September 24, 2019
TIME: 5:30 – 7:00 pm
LOCATION: Windsor Park School
8720 118 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Wednesday, October 2, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Virginia Park School
7324 109 Avenue, Edmonton, AB
Notes: This session is for parents only.

DATE: Tuesday, October 8, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Rudolph Hennig School
9512 92 Street, **Fort Saskatchewan,** AB
Notes: This session is for parents only.

DATE: Wednesday, October 9, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Mother Margaret Mary High School
2010 Leger Road NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Wednesday, October 23, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Gold Bar School
10524 46 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Thursday, October 17, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Blueberry School
Mail Bag 700, 1532 Parkland Drive, **Stony Plain,** AB
Notes: This session is for parents only.

Caregiver Education Series

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Technology and the Teenage Brain

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Supporting the Digital Wellbeing of Families

This session is for caregivers and teens together (Grades 7-12).

Technology is a huge part of our children's lives—and a common concern for most parents who are learning how to keep up in an ever changing world. Social media, video gaming, internet use and cell phones may already be topics of debate within your family. Come together to learn how this modern use of technology can impact the developing teenage brain. This session will review some of the risks but also the benefits of technology. Parents and teens will learn ways to stay safe and balanced in the use of technology to better support positive mental health.

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DATE: Thursday, September 19, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Vimy Ridge Academy
8205 90 Avenue NW, Edmonton, AB
Notes: Parents and teens (Grades 7-12) to attend together.

DATE: Tuesday, September 21, 2019
TIME: 5:30 – 7:00 pm
LOCATION: École Coloniale Estates
37 Coloniale Way, **Beaumont**, AB
Notes: Parents and teens (Grades 7-12) to attend together.

DATE: Tuesday, October 1, 2019
TIME: 5:00 – 6:30 pm
LOCATION: Jasper Place High School
8950 163 Street NW, Edmonton, AB
Notes: Parents and teens (Grades 7-12) to attend together.

DATE: Tuesday, October 1, 2019
TIME: 6:00 - 7:30 pm
LOCATION: High Park School
40 Highridge Way, **Stony Plain**, AB
Notes: Parents and teens (Grades 7-12) to attend together.

DATE: Tuesday, October 15, 2019
TIME: 5:30 – 7:00 pm
LOCATION: Westminster School
13712 104 Avenue NW, Edmonton, AB
Notes: Parents and teens (Grades 7-12) to attend together.

DATE: Tuesday, October 29, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Louis St. Laurent School
11230 43 Avenue, Edmonton, AB
Notes: Parents and teens (Grades 7-12) to attend together.

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Supporting Self-Regulation in Elementary School Children

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Focus is on caregivers of kids in elementary school (Grades K-6).

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

Register at
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or www.cyfcaregivereducation.ca

For more information, contact:
CYFCaregiverEducation@ahs.ca
780-342-6885

DATE: Thursday, September 26, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Ivor Dent School
11010 32 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Tuesday, October 8, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Calder School
12950 118 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Thursday, October 10, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Meadowlark School
9150 160 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Thursday, October 17, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Esther Starkman School
2717 Terwillegar Way NW, Edmonton, AB
Notes: This session is for parents only.

Parent Feedback

"Can't wait to try some of these new ways to help my daughter regulate! Thank you!"

"Well presented. Facilitator was very knowledgeable and clear. Videos were great. Thank you!"

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Parenting Strategies that Promote Positive Mental Health

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Building Resiliency in Elementary School Children

Focus is on caregivers of kids in elementary school (Grades K-6).

Approximately 1 in 5 Canadian children are affected by a mental health issue. Explore factors that contribute to mental health and wellness, and learn how you can be your child's greatest mental health asset by using strategies that promote their mental health and wellness. Learn about the different types of stress and how some stress can be helpful in building children's resiliency and future success.

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For more information, contact:
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780-342-6885

DATE: Wednesday, November 6, 2019
TIME: 6:00 – 7:30 pm
LOCATION: St. Philip School
8720 144 Avenue, Edmonton, AB
Notes: This session is for parents only.

DATE: Tuesday, November 19, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Christ the King Elementary Junior High School
180 McConachie Drive NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Tuesday, November 26, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Esther Starkman School
2717 Terwillegar Way NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Wednesday, November 27, 2019
TIME: 6:00 – 7:30 pm
LOCATION: James Gibbons School
8945 153 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Thursday, November 28, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Holy Spirit Catholic School
100 Michigan Street, **Devon**, AB
Notes: This session is for parents only.

Register Now!

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More than Just a Bad Day

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Understanding and Supporting Youth with Depression and Self-Injury

Focus is on caregivers of teens. (Grades 7-12)

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 about treatment options for depression as well as strategies to help support youth who may be engaging in self-injury.

Register at
www.surveymonkey.com/r/caregiversessions
or www.cyfcaregivereducation.ca

Please contact the Education Team with questions or if you need to cancel your registration.
CYFCaregiverEducation@ahs.ca
780-342-6885

DATE: Tuesday, November 5, 2019
TIME: 5:00 – 6:30 pm
LOCATION: Jasper Place High School
8950 163 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Wednesday, November 20, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Avalon School
5425 114 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Thursday, November 28, 2019
TIME: 6:00 – 7:30 pm
LOCATION: S. Bruce Smith School
5425 114 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Thursday, December 5, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Louis St. Laurent School
11230 43 Avenue, Edmonton, AB
Notes: This session is for parents only.

DATE: Wednesday, December 11, 2019
TIME: 6:00 – 7:30 pm
LOCATION: St. Basil School
10210 115 Avenue NW, Edmonton, AB
Notes: This session is for parents only.

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Mindfulness

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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. Presentations are hosted in schools but are open to all adults to attend.

Benefits for the Whole Family

Focus is on caregivers of children and teens. (Grades K-12).

Have you heard about mindfulness? Interest in mindfulness is growing rapidly in schools, communities, and in health-care settings as an evidence-based way of promoting wellness in children, teens, and adults. It can build empathy and optimism in kids, and enhance school performance by supporting the development of executive function (e.g. attention) and self-regulation skills. Caregivers will learn activities the whole family can use to reduce stress and enhance wellbeing.

Register at
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or www.cyfcaregivereducation.ca

Please contact the Education Team with questions or if you need to cancel your registration.
CYFCaregiverEducation@ahs.ca
780-342-6885

DATE: Thursday, November 7, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Our Lady of Victories School
7925 158 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Thursday, November 7, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Wabamun School
5305 50 Street, **Wabamun**, AB
Notes: This session is for parents only.

DATE: Tuesday, November 12, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Father Michael Mireau Elementary Junior High School
3010 Spence Wynd, Edmonton, AB
Notes: This session is for parents only.

DATE: Thursday, December 12, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Calder School
12950 118 Street NW, Edmonton, AB
Notes: This session is for parents only.

Parent Feedback

"I did not know what to expect for this session and really didn't even know what mindfulness was. I was surprised that these are practices and exercises that my family will benefit from."

"Very nice and knowledgeable info. I love mindfulness and can't wait to practice it more."

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Keeping Scattered Kids on Track

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Supporting Children and Adolescents with ADHD

Focus is on caregivers of kids and teens (Grades K-12).

Attention Deficit Hyperactivity Disorder (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 as adolescents with ADHD.

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or www.cyfcaregivereducation.ca

Please contact the Education Team with questions or if you need to cancel your registration.
CYFCaregiverEducation@ahs.ca
780-342-6885

DATE: Wednesday, November 13, 2019
TIME: 6:00 – 7:30 pm
LOCATION: St. Thomas Aquinas School
420 Desrochers Blvd SW, Edmonton, AB
Notes: This session is for parents only

DATE: Thursday, November 14, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Queen Alexandra School
7730 106 Street NW, Edmonton, AB
Notes: This session is for parents only

DATE: Thursday, November 21, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Academy at King Edward
8525 101 Street NW, Edmonton, AB
Notes: This session is for parents only

DATE: Wednesday, November 27, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Elk Island Catholic Schools
Central Learning Services
310 Broadview Road, **Sherwood Park**, AB
Notes: This session is for parents only

DATE: Wednesday, December 4, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Ivor Dent School
11010 32 Street NW, Edmonton, AB
Notes: This session is for parents only

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