

## Caregiver Education Sessions

### Spring Session / May – June 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.

### Parenting Teens in the 21<sup>st</sup> Century: 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 parenting a teenager. 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.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca) or [www.surveymonkey.com/r/caregiversessions](http://www.surveymonkey.com/r/caregiversessions)

**DATE:** Wednesday, May 1, 2019  
**TIME:** 6:00-7:30 pm  
**LOCATION:** Louis St. Laurent School  
11230 43 Avenue, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Tuesday, May 7, 2019  
**TIME:** 5:00-6:30 pm  
**LOCATION:** Jasper Place High School  
8950 163 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, June 5, 2019  
**TIME:** 5:30-7:00 pm  
**LOCATION:** Dan Knott School  
1434 80 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.



#### *Parent Participant Feedback*

*"Thank you so much for coming out to share this knowledge with us.*

*Great job!"*

*"Very engaging and straight forward. I enjoyed the combination of personal stories/examples with educational information and strategies."*

**Please contact the Education Team with questions or if you need to cancel your registration.**

[CYFCaregiverEducation@ahs.ca](mailto:CYFCaregiverEducation@ahs.ca)

780-415-0074

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### Breaking the Cycle of Anxiety: A Step by Step Approach

*Focus is on caregivers of kids and teens in 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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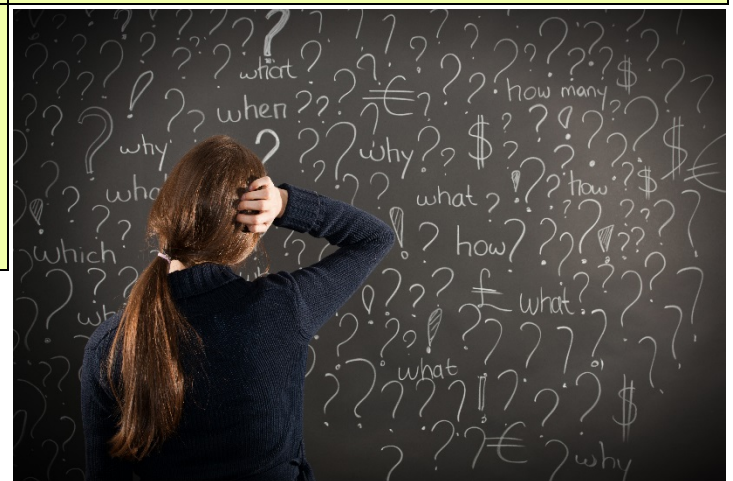
**DATE:** Wednesday, May 1, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Strathcona County Family and Community Services  
#200, 501 Festival Avenue, **Sherwood Park**, AB  
**Notes:** This session is for adults only.

**DATE:** Thursday, May 16, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** École Leduc Jr. High School  
4412 48 Street, **Leduc**, AB  
**Notes:** This session is for adults only

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

**DATE:** Tuesday, June 4, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Parkland Immanuel Christian School  
21304 35 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Tuesday, May 14, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Archbishop O’Leary School  
8760 132 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.



#### Parent Participant Feedback

*“I went to 3 of these sessions this fall and I learned valuable info at each one!”*

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### Junior High Jitters: Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? Is your child already in junior high and having difficulties adjusting to the pressures of junior high school? This session will provide information about the developmental changes teens experience, as well as the challenges they may face as they transition into junior high school. The strategies and resources provided will empower you and your child in dealing with the social, emotional and cognitive changes that come in junior high school while also boosting their mental health.

★ **Parents and pre-teens (Grades 6 – 8) are encouraged to attend this session together.** ★

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<p><b>DATE:</b> Thursday, May 2, 2019 <b>TIME:</b> 6:00-7:30 pm <b>LOCATION:</b> John D. Bracco School 3150 139 Avenue NW, Edmonton, AB ★ <b>Notes:</b> Parents and Teens (Grades 6 – 8) to attend together.</p>	<p><b>DATE:</b> Tuesday, May 28, 2019 <b>TIME:</b> 6:00-7:30 pm <b>LOCATION:</b> St. Benedict School 75 Alton Drive, <b>Leduc</b>, AB ★ <b>Notes:</b> Parents and Teens (Grades 6 – 8) to attend together.</p>
<p><b>DATE:</b> Thursday, May 9, 2019 <b>TIME:</b> 6:00-7:30 pm <b>LOCATION:</b> Esther Starkman School 2717 Terwillegar Way NW, Edmonton, AB ★ <b>Notes:</b> Parents and Teens (Grades 6 – 8) to attend together.</p>	<p><b>DATE:</b> Wednesday, May 29, 2019 <b>TIME:</b> 5:30 – 7:00 pm <b>LOCATION:</b> T.D. Baker School 1750 Mill Woods Rd E, Edmonton, AB ★ <b>Notes:</b> Parents and Teens (Grades 6 – 8) to attend together.</p>
<p><b>DATE:</b> Thursday, May 23, 2019 <b>TIME:</b> 6:00-7:30 pm <b>LOCATION:</b> Forest Heights School 10304 81 Street NW, Edmonton, AB ★ <b>Notes:</b> Parents and Teens (Grades 6 – 8) to attend together.</p>	<div data-bbox="824 1409 1516 1919" data-label="Text"> <p><b><i>Parent Participant Feedback</i></b></p> <p><i>“Great session! Great to have the kids here too. Thanks for providing these topics.”</i></p> <p><i>“Well done! Glad we came.”</i></p> <p><i>“We will implement the content from this session. Very helpful!”</i></p> </div>

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## Caregiver Education Sessions

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### Parenting Strategies that Promote Positive Mental Health and Builds Resilience in Elementary School Children

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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**DATE:** Wednesday, May 15, 2019

**TIME:** 6:00-7:30 pm

**LOCATION:** Dovercourt School  
13910 122 Avenue, Edmonton, AB

**Notes:** This session is for adults only.

#### *Parent Participant Feedback*

*"I enjoyed the presentation. It was well-paced and at a level that was both informative and accessible.*

*Thank you!"*

*"Could have done this all day!  
Good opportunity to get thoughts on some specific things we're experiencing at home."*



**REGISTER  
EARLY!**

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### Getting Your Child Ready for Adult Healthcare

Transition in healthcare often is described as the movement from one place to another - like when an adolescent moves from pediatric to adult healthcare. Transition also means the development of autonomy and independence that begins at puberty and ends at 18 years of age when they are legally considered an adult. Your child's transition to adulthood may be stressful, full of uncertainty, and challenging because of chronic disease, disability or mental health concerns, but you are not alone. Thousands of teens and parents go through this experience each year.

Come and learn about the differences between pediatric & adult healthcare, an adolescent's right to confidentiality with healthcare practitioners, and how to help your child develop autonomy and independence for chronic disease management. As parents, you have the ability to work with your child to help them be as independent in managing their medical needs as an adult.

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**DATE:** Wednesday, May 22, 2019  
**TIME:** 5:00-6:30 pm  
**LOCATION:** Jasper Place High School  
8950 163 Street, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Thursday, May 30, 2019  
**TIME:** 6:00-7:30 pm  
**LOCATION:** St Anthony District Archives  
and Meeting Centre  
10425 84 Ave NW, Edmonton, AB  
**Notes:** This session is for adults only.



#### *Parent Participant Feedback*

*"Great information. I find these sessions very helpful as a parent and a professional who works with children. Thank you!"*

*Thank you! Appreciate that these presentations are being offered (with a wide variety of topics).*

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or if you need to cancel your registration.**

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