

Date	Topic	Host & Venue
Tuesday, September 11, 2018 6:00 – 7:30 pm	Technology and the Teenage Brain (Parents and Teens – Grades 7-12)	Rudolph Hennig School Library
Wednesday October 17, 2018 6:00 – 7:30 pm	Parenting in the 21 st Century: Respectful Limit Setting with Adolescents (Parents – Grades 7-12)	Strathcona FCS
Tuesday, October 9, 2018 6:00 – 7:30 pm	Cannabis 101 Location: Rudolf Hennig School (Parents – Grades 7-12)	Rudolph Hennig School Library
Wednesday, November 7, 2018 6:00 – 7:30 pm	More than Just a Bad Day: Understanding Depression and Self –Injury (Parents - Grades 7-12)	St. Andre Bessette School
Wednesday January 23, 2019 6:00 – 7:30 pm	Promoting Success in Learning by Building Executive Functioning Skills (Parents – Grades K-6)	New Horizons
Tuesday, February 12, 2019 6:00 – 7:30 pm	Sleeping Your Way to Better Mental Health (Parents – Grades K-12)	Archbishop Jordan High School. Sherwood Park
Wednesday, April 17, 2019 6:00 – 7:30 pm	Test Anxiety: Strategies for Success (Parents and Teens - Grades 7-12)	Salisbury Composite High School Library
Wednesday, May 1, 2019 6:00 – 7:30 pm	Breaking the Cycle of Anxiety: A Step by Step Approach (Parents – Grades K-12)	Strathcona FCS