

## Caregiver Education Sessions

### Fall Poster- September – December 2018


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.

### Technology and the Teenage Brain

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 their use of technology to better support positive mental health.

★ **Both parents and teens (grades 7 – 12) are encouraged to attend this session together.** ★

Register for a Technology and the Teenage Brain session at:  
<https://www.surveymonkey.com/r/caregiversessions>

<p><b>DATE:</b> Tuesday, September 11, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Rudolph Hennig Jr. High School            9512 - 92 Street, <b>Fort Saskatchewan, AB</b>            ★ <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>	<p><b>DATE:</b> Tuesday, October 16, 2018  <b>TIME:</b> 5:30 – 7:00 pm  <b>LOCATION:</b> Kate Chegwin School            3119 - 48 Street NW, Edmonton, AB  <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together. ★</p>
<p><b>DATE:</b> Thursday, September 20, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> John D. Bracco School            3150 - 139 Avenue NW, Edmonton, AB            ★ <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>	<p><b>DATE:</b> Thursday, November 22, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Florence Hallock School            16437 - 87 Street NW, Edmonton, AB  <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together. ★</p>
<p><b>DATE:</b> Thursday, September 27, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Esther Starkman School            2717 Terwillegar Way NW, Edmonton, AB            ★ <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>	

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

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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.

**Register for a Breaking the Cycle of Anxiety session at:**

<https://www.surveymonkey.com/r/caregiversessions>

<p><b>DATE:</b> Tuesday, September 18, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Holy Trinity School            7007 - 28 Avenue, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Tuesday, October 9, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Hillview School            355 Woodvale Road E NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>
<p><b>DATE:</b> Tuesday, September 18, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Duffield School            1 Main Street, <b>Duffield, AB</b>  <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Thursday, October 11, 2018  <b>TIME:</b> 4:30 – 6:00pm  <b>LOCATION:</b> Progressive Academy            13212 - 106 Avenue NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>
<p><b>DATE:</b> Tuesday, October 2, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Gold Bar School            10524 - 46 Street NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Wednesday, October 17, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Christ the King School            180 McConachie Drive NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>
<p><b>DATE:</b> Thursday, October 4, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Avalon School            5425 - 114 Street NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Thursday, October 25, 2018  <b>TIME:</b> 5:30 – 7:00 pm  <b>LOCATION:</b> Father Michael Mireau School            3010 Spence Wynd SW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>

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### Transitions Big and Small: Supporting Kids through Change

Are you tired of the daily battle of getting your child to transition from one activity to another? Or worried about an upcoming transition in your child's life? Transitions, big and small, can be really challenging for both kids and caregivers; this is because all transitions involve change, and change can be a time of stress for anyone! In this presentation, you will learn about common transitions that children and youth experience, why transitions are so challenging, and what caregivers can do to make them go more smoothly. More specifically, we will explore how to plan for large transitions, review tips and tools to make small transitions smoother, and discuss strategies for managing the stress and anxiety that can accompany transitions.

**Register for a Transitions Big and Small session at:**  
<https://www.surveymonkey.com/r/caregiversessions>

**DATE:** Wednesday, September 19, 2018  
**TIME:** 4:30 – 6:00 pm  
**LOCATION:** Progressive Academy  
 13212 - 106 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Tuesday, October 23, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** James Gibbons School  
 8945 - 153 Street, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, September 26, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Dovercourt School  
 13910 - 122 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Tuesday, October 2, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** High Park School  
 40 Highridge Way, **Stony Plain, AB**  
**Notes:** This session is for adults only.

**DATE:** Wednesday, October 10, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Queen Alexandra School  
 7730 - 106 Street, Edmonton, AB  
**Notes:** This session is for adults only.



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## Caregiver Education Sessions

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### Cannabis 101

*Focus is on Caregivers of Teens Grades 7-12*

Marijuana, legal or not, is a topic significantly affecting today's youth. This session will help caregivers navigate the ever-changing landscape of marijuana today; a lot has changed since the 60s. It will provide caregivers with balanced information on marijuana and its effects, including the impact on the adolescent developing brain. Learn how to openly approach the subject with teens and support them to make informed decisions.

Register for a Cannabis 101 session at:

<https://www.surveymonkey.com/r/caregiversessions>

**DATE:** Tuesday, September 25, 2018

**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:** Tuesday, October 30, 2018

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

**LOCATION:** Rosslyn School  
13215 - 113A Street NW, Edmonton, AB

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

**DATE:** Wednesday, October 3, 2018

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

**LOCATION:** Louis St. Laurent School  
11230 - 43 Avenue, Edmonton, AB

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

**DATE:** Tuesday, October 9, 2018

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

**LOCATION:** Rudolf Hennig Jr. High School  
9512 - 92 Street, **Fort Saskatchewan, AB**

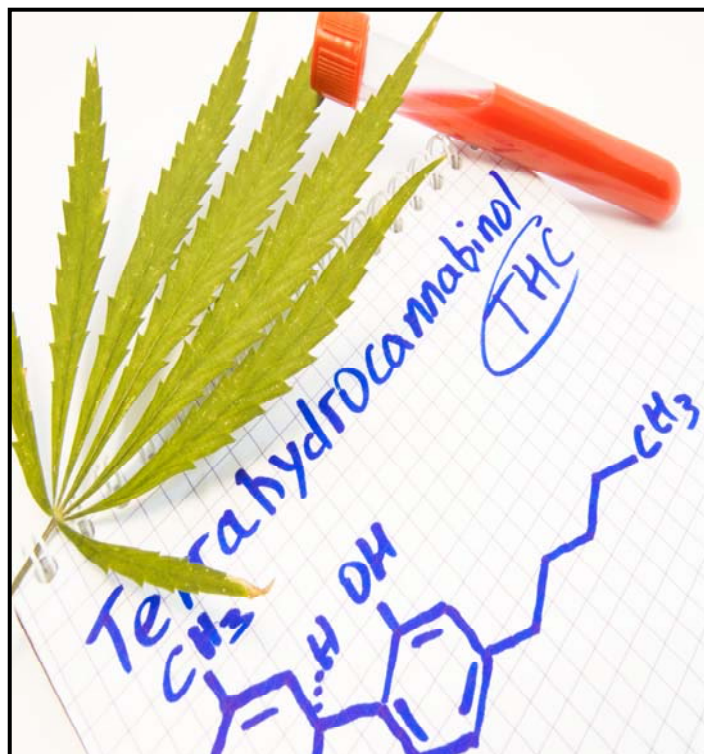
**Notes:** This session is for adults only.

**DATE:** Wednesday, October 24, 2018

**TIME:** 5:00 – 6:30 pm

**LOCATION:** Westminster School  
13712 - 104 Avenue NW, Edmonton, AB

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



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## Caregiver Education Sessions

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### 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 for a Parenting Teens in the 21<sup>st</sup> Century session at:  
<https://www.surveymonkey.com/r/caregiversessions>

**DATE:** Tuesday, September 25, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** École Leduc Jr. High School  
4412 - 48 Street, **Leduc, AB**  
**Notes:** This session is for adults only.

**DATE:** Wednesday, October 17, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Strathcona County Family and  
Community Services  
#200, 501 Festival Avenue, **Sherwood Park, AB**  
**Notes:** This session is for adults only.

**DATE:** Thursday, October 18  
**TIME:** 6:00-7:30pm  
**LOCATION:** John D. Bracco School  
3150 - 139 Avenue 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!"*

**REGISTER  
EARLY!**

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## Caregiver Education Sessions

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### Parenting Strategies that Promote Positive Mental Health and Build Resiliency in Elementary School Children

*Focus is on caregivers of kids 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.

Register for the Parenting Strategies that Promote Positive Mental Health session at:  
<https://www.surveymonkey.com/r/caregiversessions>

<p><b>DATE:</b> Tuesday, November 6, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Grandin School            9844 - 110 Street NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Wednesday, November 21, 2018  <b>TIME:</b> 4:30 – 6:00 pm  <b>LOCATION:</b> St. Timothy Catholic School            14330 - 117 Street NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>
<p><b>DATE:</b> Thursday, November 8, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Forest Heights School            10304 - 81 Street NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Wednesday, November 28, 2018  <b>TIME:</b> 4:30-6:00 pm  <b>LOCATION:</b> Progressive Academy            13212 - 106 Avenue NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>
<p><b>DATE:</b> Wednesday, November 14, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Robina Baker School            1 Jasper Court South, <b>Devon, AB</b>  <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Thursday, November 29, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> George H. Luck School            300 Bulyea Road, Edmonton, AB  <b>Notes:</b> This session is for adults only</p>
<p><b>DATE:</b> Tuesday, November 20, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> École Coloniale Estates School            37 Coloniale Way, <b>Beaumont, AB</b>  <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Wednesday, December 5, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Queen Alexandra School            7730 - 106 Street NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>

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## Caregiver Education Sessions

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### Keeping Scattered Kids on Track: 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 and adolescents with ADHD.

**Register for an ADHD session at:**

<https://www.surveymonkey.com/r/caregiversessions>

**DATE:** Thursday, November 1, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Calder School  
12950 - 118 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, November 7, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Donnan School  
7803 - 87 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Tuesday, November 20, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Holy Trinity School  
7007 - 28 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.



#### *Parent Participant Feedback*

*“Incredibly informative presentation, I walked away with a better understanding [of ADHD]”*

*“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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## Caregiver Education Sessions

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### More than Just a Bad Day: 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 for a Depression/Self-Injury session at:  
<https://www.surveymonkey.com/r/caregiversessions>

**DATE:** Wednesday, November 7, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** St. Andre Bessette School  
8300 Southfort Drive, **Fort Saskatchewan AB**  
**Notes:** This session is for adults only.

**DATE:** Tuesday, November 27, 2018  
**TIME:** 5:30 – 7:00 pm  
**LOCATION:** Edith Rogers School  
8308 Mill Woods Road NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Thursday, December 6, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Louis St. Laurent School  
11230 - 43 Avenue, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, December 12, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Esther Starkman School  
2717 Terwillegar Way NW, Edmonton, AB  
**Notes:** This session is for adults only.



#### Parent Participant Feedback

*“These sessions are  
amazingly helpful.”*

*“I went to 3 of these sessions this  
fall and I’m very happy that I  
learned valuable info  
at each one”*

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### Test Anxiety: Strategies for Success

Does your teen prepare for a test only to freeze or blank out during the test? Does your teen's anxiety hold them back from their full potential? Test and performance anxiety is very common among students. This session will help teens learn how to succeed in spite of their anxiety and help caregivers support their teens to reduce test anxiety. We will explore what happens when a student experiences test anxiety and provide practical strategies and resources for you and your teens to use to manage anxiety symptoms.

★ *Both parents and teens (grade 7 – 12) are encouraged to attend this session together* ★

Register for a Test Anxiety session at:

<https://www.surveymonkey.com/r/caregiversessions>

**DATE:** Thursday, November 15, 2018

**TIME:** 5:30 – 7:00 pm

**LOCATION:** Father Michael Mireau School  
3010 Spence Wynd SW, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

**DATE:** Tuesday, December 4, 2018

**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.



#### Youth Participant Feedback

"I wasn't sure what to expect but it was very helpful!"

"Despite being dragged along, I believe I took something quite useful away from this talk."

"I now have good ways to calm myself down and prepare better for tests, thank you. "

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