

# Caregiver Education Team Newsletter

November 2020



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.

## Sessions at a Glance:

### Caregiver Education Sessions

**Breaking the Cycle of Anxiety: A Step by Step Approach**  
Tuesday, November 3  
6:00 – 7:30 pm

**Parenting Strategies that Promote Positive Mental Health**  
Thursday, November 12 or  
Wednesday, November 18  
6:00 – 7:30 pm

**Mindfulness: Benefits for the Whole Family**  
Thursday, November 19 or  
Wednesday, November 25  
6:00 - 7:30 pm

**More than Just a Bad Day: Understanding Depression and Self-Injury**  
Thursday, November 26  
6:00 – 7:30 pm

### Lunch & Learn Webinars

**Sleep and Your Family's Mental Health – Part 1**  
Monday, November 2  
12:00 – 1:00 pm

**Sleep and Your Family's Mental Health – Part 2**  
Monday, November 9  
12:00 – 1:00 pm

**ADHD: An Introduction**  
Monday, November 16  
12:00 – 1:00 pm

**Anxiety: An Introduction**  
Monday, November 23  
12:00 – 1:00 pm

### SEEDS Sessions

**Managing Meltdowns and Shutdowns**  
Thursday, November 5  
6:00 – 7:30 pm

### Resiliency in the Face of Stress and Anxiety

This 6-session group will be offered on **Tuesday** evenings from **November 10 – December 15** from **6:00-8:00 pm**; participants are expected to attend all six sessions.

*\* Registrations are limited for this six session group. Register by Friday, November 6.*



Mental Health Foundation



For more information or to register, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions

November 2020



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children and youth.

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

In this session, review helpful vs. unhelpful anxiety and discuss strategies for identifying and managing anxiety in children and youth.

**Date: Tuesday, November 3, 2020**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

## Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

**Date: Thursday, November 12, 2020**

Time: 6:00 – 7:30 pm

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

**Date: Wednesday, November 18, 2020**

Time: 6:00 – 7:30 pm

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

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## 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 for a session, click here or visit:**  
[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“Virtual delivery was great, length was great, good information!”

“I felt it was presented very well. Love the information we received after, it was very helpful.”

“Enjoyed this session – looking forward to more!”

“I really liked the interactive piece of the session.”



Mental Health Foundation

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

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# Caregiver Education Sessions

November 2020



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children and youth.

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## Mindfulness:

### Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

**Date: Thursday, November 19, 2020**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

**Date: Wednesday, November 25, 2020**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

## More than Just a Bad Day:

### Understanding Depression and Self-Injury

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. Strategies for support will be discussed.

**Date: Thursday, November 26, 2020**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades 7-12; for adults only.

## 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 for a session, click here or visit:**

**[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)**

## Parent Feedback:

“Nicely organized to cover everything that’s practical and important.”

“These were recommended to me and I am really enjoying them.”

“Session provided good overview of strategies and provided good info.”



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For more information or to register, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Lunch & Learn Webinars

November 2020



These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

## Sleep and Your Family's Mental Health – Part 1

This session will look at the importance of sleep for overall health, what influences the quality of our sleep, the amount of sleep our kids need, the factors that interfere with sleep, and sleep scheduling.

**Date: Monday, November 2, 2020**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

## Sleep and Your Family's Mental Health – Part 2

In this session, we will continue to look at healthy sleep hygiene strategies that can prepare our children for sleep, and we will discuss ways we can set up our child's sleep environment for good quality sleep.

**Date: Monday, November 9, 2020**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

## ADHD: An Introduction

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Learn about the signs and symptoms of ADHD and how it can impact a child's life.

**Date: Monday, November 16, 2020**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

## Anxiety: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety.

**Date: Monday, November 23, 2020**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

## 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 for a session, click here or visit:**

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“Good examples via the videos and good to see other attendees written input.”

“Thank you very much. I look forward to these.”

“Thank you for continuing to provide helpful information and education during this different time.”

“Fun webinar. Keep it up!”



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Children, Youth & Families Addiction & Mental Health

For more information or to register, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# PEAR Group

November 2020



These free **Parent Education and Reflection Groups** are for parents looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's healthy social and emotional development.

## Resiliency in the Face of Stress and Anxiety

This online group is for parents who want to strengthen their family's ability to 'bounce back' from life's challenges. It consists of a series of 6, 120 minute interactive small group workshops where parents will receive practical information, share parenting tips, practice skills, and participate in group collaboration, reflection, and support. Strategies will be shared that can help you and your children learn to be more resilient in the face of stress and anxiety - a key skill that can support overall family wellness.

*Note: Participants are expected to attend all six sessions.*

**Tuesdays from 6:00 – 8:00 pm**

**November 10** – I HAVE Resilient Relationships

**November 17** – I HAVE Supportive Environments

**November 24** – I CAN Regulate my Response to Stress

**December 1** – I CAN Solve Problems

**December 8** – I AM Optimistic in my Thinking

**December 15** – I AM Compassionate, Kind, and Grateful

## 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.

### Please note:

This group is for parents of children **grades 5-8**.

Registration is limited to 25 participants.

Participants are expected to attend all six sessions

**To register for a session, click here or visit:**  
[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

### Parent Feedback:

“Great delivery overall! Virtual delivery is different but this worked really well.”

“Just from the first sessions I'm finding myself so much more confident in what I'm doing with my kids and I've really noticed an increase in feelings of connection. I'm so glad I signed up for these!”



Mental Health Foundation

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

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# SEEDS: Growing Parenting Skills

November 2020



These free **Support, Education & Engagement Drop-In Sessions** are designed to help caregivers learn foundational strategies that cultivate healthy relationships, strong child development, and resilient families.

## Managing Meltdowns and Tantrums

This sessions is designed to help parents understand the brain science behind meltdowns, shutdowns, and tantrums and strategies we can use to help regulate our minds and bodies. Join us in conversations about co-regulation, triggers, and calm down strategies so you feel more confident in your ability to respond to your child.

**Date: Thursday, November 5, 2020**

Time: 6:00 – 7:30 pm

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

“Children do well if they can.  
If they can’t, we adults need to figure out  
what’s getting in the way, so we can help.”  
~ Dr. Ross Greene

## 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.

### Please note:

These sessions are for parents / caregivers of children grades K-6.

To register for a session, **click here** or visit:

**[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)**

## Parent Feedback

“Thank you for another great session. I am enjoying them so much!”

“Great ideas and interactive discussion today!”

“Thank you for wonderful session, plus your time and dedication to make it informative and helpful.”



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