

Caregiver Education Team Newsletter

September 2022



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

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.

Caregiver Education Sessions

Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6.

Part 1: Increasing Wellness Deposits

Tuesday, September 20
12:00 – 1:00 pm

Part 2: Reducing Wellness Withdrawals

Tuesday, September 27
12:00 – 1:00 pm

Adult Education Sessions

Resiliency *Through Caring, Connecting, and Coping*

Wednesday, September 21
6:00 – 7:30 pm

More than Just a Bad Day *Understanding Depression*

Wednesday, September 28
12:00 – 1:00 pm

Participant Feedback:

“I really enjoyed the session!”

“The length of this was perfect and had some great key takeaways for me to use moving forward.”

“Awesome information and the extra resources that were sent are a great addition thank you.”

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

September 2022



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

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.

Part 1: Increasing Wellness Deposits

In this **one-hour Lunch & Learn webinar**, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

Tuesday, September 20, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Reducing Wellness Withdrawals

In this **one-hour Lunch & Learn webinar**, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

Tuesday, September 27, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6; 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, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"I thought the session was great. Loved the variety: videos, interspersed with comments from the group and polls. Really interactive and engaging!"

"Thank you so much! This was a very easy to understand session with valuable information. I look forward to the other sessions."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

September 2022



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Resiliency

Through Caring, Connecting, and Coping

Resiliency is something we want but often do not know how we can help it grow in our own lives. Join us for this **90-minute evening webinar** where we will learn about stress and burnout, the power of resilience in getting through the 'tough stuff', and how self-compassion and self-care are essential to our well-being. We will discuss strategies for building our own personal supportive networks and inner coping skills to strengthen our ability to 'bounce back'.

Date: Wednesday, September 21, 2022

Time: 6:00 – 7:30 pm

This session is for adults only.

More than Just a Bad Day:

Understanding Depression

In this **one-hour Lunch & Learn session**, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Wednesday, September 28, 2022

Time: 12:00 – 1:00 pm

This session is 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, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"Really enjoyed the session today. The speakers are very engaging and knowledgeable and allowed us to provide feedback and stay connected within the discussion."

"A great format for adult learners. Thanks so much!"

"Great you guys do this. Beneficial topics. Well presented."