

# Caregiver Education Team Newsletter

May/June 2023



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

### Understanding Autism

For parents and caregivers of children and youth in grades K-12

Wednesday, May 3  
6:00 – 7:30 pm

### Parenting Strategies for Positive Mental Health

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

**Part 1:**  
Tuesday, May 23  
12:00 – 1:00 pm

**Part 2:**  
Tuesday, May 30  
12:00 – 1:00 pm

### Test Anxiety *Strategies for Success*

For parents and teens (grades 7-12) to attend together

Wednesday, May 31  
6:00 – 7:30 pm

## Adult Education Sessions

### Silver Linings *Supporting Wellness in the Later Years*

**Part 1:**  
Tuesday, May 9  
12:00 – 1:00 pm

**Part 4:**  
Tuesday, May 16  
12:00 – 1:00 pm

## Junior-High Jitters *Transitioning to the Teenage Years*

For caregiver and their teens (grades 6-8) to attend together

Wednesday, June 14  
6:00 – 7:30 pm

## Participant Feedback:

“...the quality of the presentation and the warmth of the presenters, even over Zoom, was really impressive.”

“Well presented...very knowledgeable and clear. Videos were great. Thank you!”

## Sessions at a Glance



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

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

# Caregiver Education Sessions

May/June 2023



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.

## 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.

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## Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD may affect the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

**Date: Wednesday, May 3, 2022**

Time: 6:00 – 7:30 pm

For parents and caregivers of children and youth 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.

### 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, May 23, 2023**

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, May 30, 2023**

Time: 12:00 – 1:00 pm

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

## Participant Feedback:

"The session was great, perfect during the lunch hour and just the right amount of info to be effective. Thank you."

"Love the convenience of online, and still feeling involved in discussions."



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## Test Anxiety Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

**Date: Wednesday, May 31, 2023**

Time: 6:00 – 7:30 pm

For caregivers and youth (grades 7-12) to attend together.

## Junior-High Jitters Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. Strategies for managing these changes and boosting wellness will be discussed.

**Date: Wednesday, June 14, 2022**

Time: 6:00 – 7:30 pm

For caregivers and pre-teens (grades 6-8) to attend together.

## Participant Feedback:

“Thank you so much for your time and insight! You were both fabulous presenters and this was very helpful.”

“Thank you so much for the webinar. It was really good.”



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# Adult Education Sessions

May/June 2023



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.

## Silver Linings

### Supporting Wellness in the Later Years

As we age, we may face many stressors and challenges - we may not be as strong as we used to be, we may experience medical illnesses and loss associated with roles and loved ones. We may become lonelier, or it may be harder to cope with life transitions. This series will provide a basic overview of mental health challenges that older adults may face and some coping strategies and supports that can be used to overcome the stressors contributing to these challenges.

#### Part 1:

In this session, we will look closer at the common mental health challenges older adults face and some of the causes contributing to these challenges.

**Date: Tuesday, May 9, 2023**

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

#### Part 2:

In the session, we explore helpful strategies and supports that promote mental health wellbeing in older adults.

**Date: Tuesday, May 16, 2023**

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

### Registration:

Sessions are offered online through the Zoom conferencing application.

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To register, click [HERE](#) or go to:

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### Participant Feedback:

“Thank-you so much for your thorough presentation. It is also a huge blessing that it is free. Thank-you so much.”

“Virtual delivery ran smoothly, pleasant to listen to presenters, a reasonable length of time to invest.”

“Always get so much out of these sessions and really appreciate you sharing out all the videos and resources after!”



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