

## Caregiver Education Sessions

Spring Poster – March to June 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.

### 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>

<p><b>DATE:</b> Tuesday, March 6, 2018 <b>TIME:</b> 5:00-6:30pm <b>LOCATION:</b> Jasper Place High School 8950 163 Street, Edmonton, AB <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Wednesday, March 7, 2018 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> Louis St. Laurent School 11230 43 Ave, Edmonton, AB <b>Notes:</b> This session is for adults only.</p>
<p><b>DATE:</b> Wednesday, March 14<sup>th</sup> <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> Holy Trinity Catholic High School 7007 28 AVE, Edmonton, AB <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Thursday, March 22, 2018 <b>TIME:</b> 5:30-7:00 <b>LOCATION:</b> W.P Wagner High School 6310 Wagner Road, Edmonton, AB <b>Notes:</b> This session is for adults only.</p>
<p><b>DATE:</b> Tuesday, April 10, 2018 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> St. Cecilia School 8830 132 Ave NW, Edmonton, AB <b>Notes:</b> This session is for adults only.</p>	
<p><b>DATE:</b> Tuesday, April 17, 2018 <b>TIME:</b> 6:00-7:30 <b>LOCATION:</b> Christ the King 180 McConachie Dr NW, Edmonton, AB <b>Notes:</b> This session is for adults only.</p>	

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

[CYFCaregiverEducation@ahs.ca](mailto:CYFCaregiverEducation@ahs.ca)

780-415-0074

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### Junior High Jitters: Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? Is your child already in junior high and having difficulties adjusting to the pressures of junior high school? This session will provide information about the developmental changes teens experience, as well as the challenges they may face as they transition into junior high school. The strategies and resources provided will empower you and your child in dealing with the social, emotional and cognitive changes that come in junior high school while also boosting their mental health.

★ **Both parents and pre-peens (Grades 6 – 8) are encouraged to attend this session together** ★

Register for the Junior High Jitters session at:

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

<p><b>DATE:</b> Tuesday, March 13, 2018 <b>TIME:</b> 6:00-7:30 <b>LOCATION:</b> S Bruce Smith Jr High 5545 184 Street, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Teens (Grades 6 – 8) to attend together</p>	<p><b>DATE:</b> Thursday, April 12, 2018 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> John D. Bracco School 3150 139 Ave, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Teens (Grades 6 – 8) to attend together</p>
<p><b>DATE:</b> Tuesday, April 17, 2018 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> Rosslyn School 13215 113A Street, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Teens (Grades 6 – 8) to attend together</p>	<p><b>DATE:</b> Thursday, April 19, 2018 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> St. Benedict School 75 Alton Drive, <b>Leduc, AB</b></p> <p>★ <b>Notes:</b> Parents and Teens (Grades 6 – 8) to attend together</p>
<p><b>DATE:</b> Tuesday, April 24, 2018 <b>TIME:</b> 6:00-7:30 <b>LOCATION:</b> Allendale School 6415 106 Street, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Teens (Grades 6 – 8) to attend together</p>	<p><b>DATE:</b> Wednesday, April 25, 2018 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> Dovercourt School 13910 122 Ave, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Teens (Grades 6 – 8) to attend together</p>
<p><b>DATE:</b> Thursday, April 26, 2018 <b>TIME:</b> 5:00-6:30pm <b>LOCATION:</b> Ecole Richard Secord 4025 117 St NW, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Teens (Grades 6 – 8) to attend together</p>	<p><b>Please contact the Education Team with questions or if you need to cancel your registration.</b></p> <p><a href="mailto:CYFCaregiverEducation@ahs.ca">CYFCaregiverEducation@ahs.ca</a> 780-415-0074</p>

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### Supporting Self-Regulation in Elementary School Children

*Focus is on caregivers of kids in elementary school (K-6)*

Do you wish you have more information to help children handle strong emotions? Did you know that self-regulation is an essential element to lifelong success? This session will define self-regulation and how it is used in everyday life. It will provide a helpful review regarding the development of self-regulation in children. The strategies and resources provided will empower and foster caregivers' essential skills to increase children's mental health and resiliency.

Register for a Self-Regulation sessions at:

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

<p><b>DATE:</b> Tuesday, March 13, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Johnny Bright School            1331 Rutherford Road SW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Thursday, March 15, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Grandin School            9844 110 Street, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>
<p><b>DATE:</b> Tuesday, March 20, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Colonial Estate            37 Coloniale Way, <b>Beaumont, AB</b>  <b>Notes:</b> This session is for adults only.</p>	
<p><b>DATE:</b> Wednesday, March 21, 2018  <b>TIME:</b> 6:00-7:30  <b>LOCATION:</b> Holyrood School            7920 94 Ave, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>	



Self-Regulation sessions continued on next page...



## Caregiver Education Sessions

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... Self-Regulation sessions continued



### Supporting Self-Regulation in Elementary School Children

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**Register for a Self-Regulation session at:**

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

<p><b>DATE:</b> Tuesday, April 3, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Dovercourt School            13910 122 Ave NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Thursday, April 5, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Malcolm Tweddle School            2340 Millbourne Rd NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>
<p><b>DATE:</b> Wednesday, April 11, 2018  <b>TIME:</b> 4:30-6:00pm  <b>LOCATION:</b> Progressive Academy            13212-106 Ave NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Wednesday, April 11, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Esther Starkman School            2717 Terwillegar Way, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>
<p><b>DATE:</b> Thursday, April 12, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Michael A. Kostek School            5303 190 Street, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>	<p><b>DATE:</b> Thursday, April 19, 2018  <b>TIME:</b> 4:30-6:00pm  <b>LOCATION:</b> John A. McDougall School            10930 107 St NW, Edmonton, AB T5H 2Z4  <b>Notes:</b> This session is for adults only.</p>
<p><b>DATE:</b> Wednesday, April 25, 2018  <b>TIME:</b> 6:00-7:30pm  <b>LOCATION:</b> Rideau Park Elementary School            10605 42 Ave NW, Edmonton, AB  <b>Notes:</b> This session is for adults only.</p>	<p><b>Please contact the Education Team with questions or if you need to cancel your registration.</b></p> <p><a href="mailto:CYFCaregiverEducation@ahs.ca">CYFCaregiverEducation@ahs.ca</a> 780-415-0074</p>

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### Substance Awareness for Parents and Teens

Come join us for a fun and interactive session to learn about drugs. See what you know about the current drug trends in our community. We will learn about the risk and protective factors related to teen substance use and the power of parents on how to prevent substance use problems amongst teens. Parents will learn about strategies to intervene and support teens on the issue of substance use. Teens will learn the truth about drugs and the impacts on their physical and mental health.

★ *Both parents and teens (grades 7 – 9) are encouraged to attend this session together* ★

Register for a Substance Awareness session at:  
<https://www.surveymonkey.com/r/caregiversessions>

**DATE:** Wednesday, March 14, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Westminster Junior High School  
13712 104 Ave NW, Edmonton, AB  
★ **Notes:** Parents and teens (grades 7-9) to attend together.

**DATE:** Wednesday, April 4, 2018  
**TIME:** 5:30-7:00pm  
**LOCATION:** H.E. Beriault School  
8125 167 Street NW, Edmonton, AB  
★ **Notes:** Parents and teens (grades 7-9) to attend together.

**DATE:** Wednesday, April 18, 2018  
**TIME:** 5:00-6:30pm  
**LOCATION:** Jasper Place High School  
8950 163 Street NW, Edmonton, AB  
★ **Notes:** Parents and teens (grades 7-9) to attend together.



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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>

**DATE:** Thursday, April 26, 2018  
**TIME:** 5:30-7:00pm  
**LOCATION:** W.P Wagner School  
6310 Wagner Road NW, Edmonton  
**Notes:** This session is for adults only.

**DATE:** Tuesday, May 1, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Ellerslie School  
521 66 Street **SW**, Edmonton  
**Notes:** This session is for adults only.

**DATE:** Wednesday, May 2, 2018  
**TIME:** 4:30-6:00pm  
**LOCATION:** Progressive Academy  
13212-106 Avenue NW, Edmonton  
**Notes:** This session is for adults only.

**DATE:** Wednesday, May 2, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** St. Benedict School  
18015 93 Ave NW, Edmonton  
**Notes:** This session is for adults only.

**DATE:** Thursday, May 3, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Meyokumin School  
5703 19A Ave NW, Edmonton  
**Notes:** This session is for adults only.

**DATE:** Tuesday, May 15, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** St Philip School  
8720 144 Ave NW, Edmonton  
**Notes:** This session is for adults only.

**DATE:** Thursday, May 24, 2018  
**TIME:** 4:30-6:00pm  
**LOCATION:** St Timothy School  
14330 117 Street NW, Edmonton  
**Notes:** This session is for adults only.

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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>

<p><b>DATE:</b> Tuesday, May 8, 2018 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> Westminster School 13712 104 Ave NW, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>	<p><b>DATE:</b> Thursday, May 10, 2018 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> John D. Bracco School 3150 - 139 Ave NW, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>
<p><b>DATE:</b> Wednesday, May 16<sup>th</sup> <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> Holy Trinity Catholic High School 7007 28 Ave NW, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>	<p><b>DATE:</b> Wednesday, May 23, 2018 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> Johnny Bright School 1331 Rutherford Road <b>SW</b>, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>
<p><b>DATE:</b> Tuesday May 29, 2018 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> St. Cecilia School 8830 132 Ave NW, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>	<div data-bbox="867 1402 1516 1881" data-label="Text"> <p><b><u>Youth Participant Feedback</u></b></p> <p>"I wasn't sure what to expect but it was very helpful!"</p> <p>"I now have good ways to calm myself down and prepare better for tests, thank you 😊"</p> </div>
<p><b>DATE:</b> Tuesday, June 5, 2018 <b>TIME:</b> 5:00-6:30pm <b>LOCATION:</b> Jasper Place High School 8950 163 Street NW, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Teens (Grades 7 – 12) to attend together.</p>	

## 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>

**Register  
Early!**



**DATE:** Thursday, May 3, 2018  
**TIME:** 4:30-6:00pm  
**LOCATION:** John A. McDougall School  
10930 107 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, May 9, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Ellerslie School  
521 66 Street **SW**, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, May 16, 2018  
**TIME:** 6:30-8:00pm  
**LOCATION:** Grandin School  
9844 110 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Thursday, May 17, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Grace Martin School  
8210 36 Ave NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Thursday, May 24, 2018  
**TIME:** 5:00-7:30pm  
**LOCATION:** Dan Knott School  
1434 80 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

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questions or if you need to cancel your  
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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:** Thursday, May 10, 2018  
**TIME:** 6:00-7:30  
**LOCATION:** S Bruce Smith Jr High  
5545 184 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Tuesday, May 15, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Ivor Dent School  
11010 32 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, May 23, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Esther Starkman School  
2717 Terwillegar Way NW, Edmonton, AB  
**Notes:** This session is for adults only.



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## Caregiver Education Sessions

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### Sleeping Your Way to Better Mental Health

*Focus is on caregivers of kids and teens in grades K-12*

Come and learn the importance of sleep on your child's developing brain. Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and factors that influence your child's ability to get the sleep they need. Leave with practical strategies, tools, and resources to promote healthier sleep habits for your whole family.

Register for the Sleeping Your Way to Better Mental Health session at:

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

Register  
Early!

#### Parent Participant Feedback

*"These sessions are amazingly helpful."*

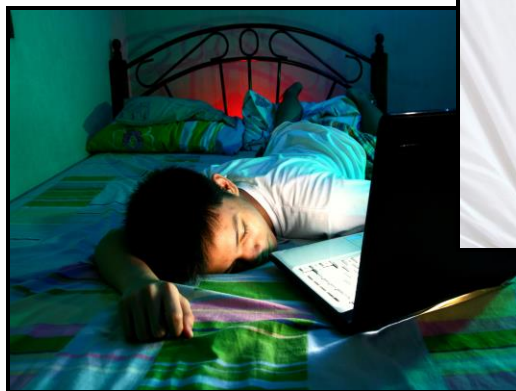
*"I went to 3 of these sessions this fall and I'm very happy that I learned valuable info at each one"*

**DATE:** Wednesday, May 30, 2018

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

**LOCATION:** St. Francis Xavier School  
9250 163 Street, Edmonton, AB

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



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

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