

# Caregiver Education Team Newsletter

February 2022



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.

## Drop-In Series 6:00 – 7:30 pm

### SEEDS Growing Together

**Supporting Your Child with Structure and Routine**  
Thursday, February 3, 2022

**Managing Meltdowns and Shutdowns**  
Thursday, February 10

**Helping Our Kids Figure Things Out**  
Thursday, February 17

**Effective Consequences**  
Thursday February 24

**Mental Health and Resiliency**

**Strengthening Connections with Ourselves, Our Kids, Our Communities**  
Wednesday, February 9

**Positive Communication that Promotes Growth**  
Wednesday, February 23

## Lunch & Learns 12:00 – 1:00 pm

### Understanding Anxiety Series

**Part 4: Overcoming Avoidance**  
Wednesday, February 2

**Part 1: An Introduction**  
Wednesday, February 9

**Part 2: Calming Our Bodies**  
Wednesday, February 16

**Part 3: Settling Our Minds**  
Wednesday, February 23

**Keeping Scattered Kids on Track: Supporting ADHD**  
Part 1: Tuesday, February 1  
Part 2: Tuesday, February 8

**Mindfulness for the Family**  
Part 1: Tuesday, February 15  
Part 2: Tuesday, February 22

**More than Just a Bad Day Understanding Depression in Adolescents**  
Thursday, February 24

## Sessions at a Glance

### Caregiver Education Sessions 6:00 – 7:30 pm

**Resilience in Parenting**  
Wednesday, February 2

**Technology and the Teenage Brain**  
Monday, February 7

**Body Image and Eating Disorders**  
Tuesday, February 15

**Sleep and Your Family's Mental Health**  
Monday, February 28



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

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

# Caregiver Education Sessions

February 2022



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

## Resilience in Parenting Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed

**Date: Wednesday, February 2, 2022**

Time: 6:00 – 7:30 pm

For caregivers of children/youth grades K-12; for adults only.

## Technology and the Teenage Brain Digital Wellness for Families

Technology is a huge part of our children's lives. Social media, video gaming, internet use, and cell phones may already be topics of debate within your family. Come together to discuss how modern technology can have an impact on the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

**Date: Monday, February 7, 2022**

Time: 6:00 – 7:30 pm

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

## 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:

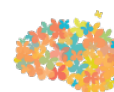
[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“Well done! In these troubling times for both parents and children, we definitely need more of this! Thank you so much!”

“The presenters are very professional and very engaging.”

“The session time is long enough. Perfect.”



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

## Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

**Date: Tuesday, February 15, 2022**

Time: 6:00 – 7:30 pm

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

## Sleep and Your Family's Mental Health

This session will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

**Date: Monday, February 28, 2022**

Time: 6:00 – 7:30 pm

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

February 2022

## Registration

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

## Parent Feedback:

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

“I find the overall delivery very clear, concise and the information very informative! Thank you!”

“Thanks for the extra time you took to answer our questions.”



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# Lunch & Learn Webinars

These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, sessions, participants can attend one or all sessions.

## Understanding Anxiety Series

These sessions will help caregivers better understand the difference between their child's normal worries and anxiety that is no longer productive. Signs that a child or adolescent is experiencing problems with anxiety will be discussed and strategies for reducing the body's stress responses, negative thinking traps, and anxious behaviours will be shared.

This month, we conclude our previous series with Part 4 on Overcoming Avoidance and begin the series again with Part 1, our introduction to anxiety in children and youth.

### Part 4: Overcoming Avoidance

**Date: Wednesday, February 2, 2022**

Time: 12:00 – 1:00 pm

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

### Part 1: An Introduction

**Date: Wednesday, February 9, 2022**

Time: 12:00 – 1:00 pm

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

### Part 2: Calming Our Bodies

**Date: Wednesday, February 16, 2022**

Time: 12:00 – 1:00 pm

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

### Part 3: Settling Our Minds

**Date: Wednesday, February 23, 2022**

Time: 12:00 – 1:00 pm

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

February 2022

## 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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## Parent Feedback:

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

“Information was great, and I have several new tools to help my kids...”

“Content was a good reminder to remember the stresses felt from the perspective of teens.”



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February 2022

These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, sessions, participants can attend one or all sessions.

## Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

These sessions will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD), ways that ADHD can affect all areas of life, and strategies for supporting success in children and youth with ADHD.

### Part 1: Tuesday, February 1, 2022

Time: 12:00 – 1:00 pm

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

### Part 2: Tuesday, February 8, 2022

Time: 12:00 – 1:00 pm

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

## Mindfulness

### Benefits for the Whole Family

In this session, we will continue to explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in our families.

### Part 1: Tuesday, February 15, 2022

Time: 12:00 – 1:00 pm

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

### Part 2: Tuesday, February 22, 2022

Time: 12:00 – 1:00 pm

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

## More than Just a Bad Day: Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

### Date: Thursday, February 24, 2022

Time: 12:00 – 1:00 pm

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

## Registration:

Sessions are offered online through the Zoom conferencing application.

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## Parent Feedback:

“I can definitely apply this to my own children and classroom. Hope to be a part of more of these!”

“The more sessions I attend, the more I will be able to guide my child.”

“It provides really great basic information, tools and strategies to implement and use in everyday life.”



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# Drop-in Series

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## SEEDS Growing Parenting Skills

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

## Supporting Your Child with Structure and Routine

Learn how household structures and routines support our child's daily transitions and promote healthy child development.

**Date: Thursday, February 3, 2022**

Time: 6:00 – 7:30 pm

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

## Managing Meltdowns and Shutdowns

This session will help parents better understand meltdowns and shutdowns, and provide strategies to help children regulate.

**Date: Thursday, February 10, 2022**

Time: 6:00 – 7:30 pm

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

## Helping Our Kids Figure Things Out

This session looks at some simple steps for helping children reduce frustrations and find solutions using problem solving skills.

**Date: Thursday, February 17, 2022**

Time: 6:00 – 7:30 pm

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

## Effective Consequences

In this session, we will discuss different ways to address your child's challenging behaviours and how consequences can be a learning tool when offered compassionately and consistently.

**Thursday, February 24, 2022**

Time: 6:00 – 7:30 pm

Note: 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:

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## Parent Feedback

"Today's session was very helpful. There was a lot of information that I didn't know."

"I thought it was an excellent session, presented very professionally, and packed full of information!"

"Thank you for all your amazing seminars, that helped me a lot and my family."



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# Drop-in Series

## Mental Health and Resiliency Series

This FREE parenting program is for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these 90-minute introductory-level information sessions, we look at strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. As part of a 7-session series, parents are welcome to attend one session or join us each week

## Strengthening Connections with Ourselves, Our Kids, and Our Communities

We discuss the importance of fostering a healthy parent-child relationship, building a community of support for our child, and taking care of ourselves through it all.

**Date: Wednesday, February 9 2022**

Time: 6:00 – 7:30 pm

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

## Positive Communication That Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and encourage our child to engage with others in positive ways that foster resilience.

**Date: Thursday, February 10, 2022**

Time: 6:00 – 7:30 pm

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

February 2022

## Registration

Sessions are offered online through the Zoom conferencing application.

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## Parent Feedback

"Found the teachings were easily understood and hit on key factors that parents struggle with. Love it."

"Really enjoyed it, love the mix of the teaching, participation, videos and all the strategies."

"Today's topic provided a lot of information!"

"Liked this session and will keep on watching in the future!"



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