

# Caregiver Education Team Newsletter

April 2021



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.

## Lunch & Learn Webinars

### **Anxiety Part 1: An Introduction**

Tuesday, April 6  
12:00 – 1:00 pm

**Mindfulness:** Benefits for the Whole Family

**Part 1** – Monday, April 12  
12:00 – 1:00 pm

### **Anxiety Part 2: Calming Our Bodies**

Tuesday, April 13  
12:00 – 1:00 pm

**Mindfulness:** Benefits for the Whole Family

**Part 2** – Monday, April 19  
12:00 – 1:00 pm

### **Anxiety Part 3: Settling Our Minds**

Tuesday, April 20  
12:00 – 1:00 pm

**More than Just a Bad Day:** Understanding Depression  
Monday, April 26  
12:00 – 1:00 pm

### **Anxiety Part 4: Overcoming Avoidance**

Tuesday, April 27  
12:00 – 1:00 pm

## Sessions at a Glance

### Caregiver Education Sessions

#### **Test Anxiety:**

Strategies for Success  
Wednesday, April 7  
6:00 – 7:30 pm

#### **Understanding Autism**

Wednesday, April 14  
6:00 – 7:30 pm

#### **Keeping Scattered Kids on Track:**

Understanding and Supporting Children and Youth with ADHD  
Wednesday, April 21  
6:00 – 7:30 pm

#### **Building Executive Functioning Skills**

Promoting Success in Learning  
Wednesday, April 28  
6:00 – 7:30 pm

### Drop-In Series

#### **Mental Health and Resiliency Series**

##### **Settling Into Routines:**

Making Uncertain Times More Predictable  
Thursday, April 8  
6:00 – 7:30 pm

##### **Giving Time and Attention to Our Big Needs**

Thursday, April 15  
6:00 – 7:30 pm

##### **Strengthening Connections**

With Ourselves, Our Kids, and Our Communities  
Thursday, April 22  
6:00 – 7:30 pm

##### **Positive Communication that Promotes Growth**

Thursday, April 29  
6:00 – 7:30 pm



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# Caregiver Education Sessions

April 2021



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.

## 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, April 7, 2021**

Time: 6:00 – 7:30 pm

Notes: For caregivers and teens (grades 7-12) to attend together.

## Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD) participants will learn how ASD affects 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, April 14, 2021**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; 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, click [HERE](#) or go to:

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

## Parent Feedback:

"I really appreciated the fact that I could attend and share this learning experience with my teen, it prompted meaningful discussion."

"Thank you for the great session. I really appreciate the answers during the Q&A section."

"I enjoyed the interactive questions. Time and length was good."



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# Caregiver Education Sessions

April 2021



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.

(...continued)

## Keeping Scattered Kids on Track

### Supporting Children and Adolescents with ADHD

This session will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

**Date: Wednesday, April 21, 2021**

Time: 6:00 – 7:30 pm

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

## Building Executive Functioning Skills

### Promoting Success in Learning

Review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

**Date: Wednesday, April 28, 2021**

Time: 6:00 – 7:30 pm

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

## Registration

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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:

"Very well done, I liked the balance of the videos and the presentation."

"I've enjoyed all the sessions offered so far!"

"This session was so helpful – the presenters were relatable and gave practical advice."

"I liked the variety provided by different presenters; 90 minutes was a good length."



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# Lunch & Learn Webinars

April 2021



These free 60 minute online 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 over two sessions, participants can attend one or both sessions.

## 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.

#### Part 1

**Date: Monday, April 12, 2021**

Time: 12:00 – 1:00 pm

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

#### Part 2

**Date: Monday, April 19, 2021**

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-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: Monday, April 26, 2021**

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.

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)

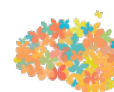
## Parent Feedback:

“I got a lot out of this session and I’m excited to make some changes.”

“Excellent resources and a reminder that we need to take care of ourselves and our family.”

“Wonderful! I get to learn from the comfort of my house.”

“The two presenters keep it engaging and the virtual platform makes it easy to join.”



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# Lunch & Learn Webinars

April 2021

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. Participants are welcome to attend single sessions or the full series.

## Anxiety – Part 1: 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: Tuesday, April 6, 2021**

Time: 12:00 – 1:00 pm

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

## Anxiety – Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers and ways caregivers can help their child to notice and begin to regulate their own stress responses.

**Date: Tuesday, April 13, 2021**

Time: 12:00 – 1:00 pm

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

## Anxiety – Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thinking and thinking traps that can hold our children back. Strategies for addressing worries and encouraging realistic thinking will be discussed.

**Date: Tuesday, April 20, 2021**

Time: 12:00 – 1:00 pm

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

## Anxiety – Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills.

**Date: Tuesday, April 27, 2021**

Time: 12:00 – 1:00 pm

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

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### Parent Feedback:

"Excellent session with relevant and current information for professionals and parents. Thank you!"

"I really enjoyed these sessions and have signed up for the next three. Thanks for providing them!"

"I feel like I have some new tools in my toolbox to help foster a change in my household for the better!"



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# Drop-in Series

April 2021

## Mental Health and Resiliency Series

These free 90 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. Participants are welcome to attend single sessions or the full series.

### Settling Into Routines

In this webinar, explore ways to decrease your family's stress and increase stability through consistent and predictable routines.

**Date: Thursday, April 8, 2021**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; for adults only.

### Giving Time and Attention to Our Big Needs

Strategies for balancing your family's basic needs around nutrition, exercise, sleep, socialization, and technology use are discussed.

**Date: Thursday, April 15, 2021**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; for adults only.

### 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: Thursday, April 22, 2021**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; 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, April 29, 2021**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; for adults only.

## Registration

Sessions are offered online through the Zoom conferencing application.

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## Parent Feedback

"It was very informative and easy to understand."

"The length was perfect and information was straight and to the point. No fluff and tons of suggestions for strategies to implement."

"Good mix of education and application in real life."

"I enjoyed the 'interactive-ness' of the presentation!"



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