

Caregiver Education Team Newsletter

October 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.

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or the wellness of others.

**Part 3:
Settling Our Minds**
Wednesday, October 4
12:00 – 1:00 pm

**Part 4:
Overcoming Avoidance**
Wednesday, October 11
12:00 – 1:00 pm

Caregiver Education Sessions

Keeping Scattered Kids on Track

Supporting Children and Youth with ADHD

For parents and caregivers of children and youth in grades K-12
Wednesday, October 18
6:00 – 7:30 pm

Understanding Self-Injury

For parents and caregivers of youth in grades 7-12

Wednesday, October 25
12:00 – 1:00 pm

Participant Feedback

“Thank you very much for all you do. I hope more and more people will find and access these opportunities!”

“I thought the way the webinar was set up was great. Even though we could not view the participants there was enough interaction with the speakers.”

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

October 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.

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

www.cyfcaregivereducation.ca

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

In this 90-minute session, we 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, October 18, 2023

Time: 6:00 – 7:30 pm

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

Understanding Self-Injury

In this Lunch & Learn session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Wednesday, October 25, 2023

Time: 12:00 – 1:00 pm

For caregivers of youth in grades 7-12; for adults only.

Participant Feedback

“It was very well presented and look forward to receiving the info...was extremely interesting and useful.”

“Positive, engaging presenters. Good choices for the videos.”



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Adult Education Sessions

October 2023



These free 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.

Understanding Anxiety Series

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Wednesday, October 4, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of others.

Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will look at ways to manage stressful situations in manageable steps and with effective coping skills.

Date: Wednesday, October 11, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of others.

Registration:

Sessions are offered online through the Zoom conferencing application.

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

www.cyfcaregivereducation.ca

Participant Feedback

“I appreciated the flow of the presentation, moving between participants responses, watching videos, and teaching format. You packed a lot in an hour! Thank you!”

“Thank you for putting these series on.”