

# Caregiver Education Team Newsletter

November 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

### Building Executive Functioning Skills

*Supporting Success in Learning*

For parents and caregivers of children in grades K-6

#### Part 1:

Wednesday, November 1  
12:00 – 1:00 pm

#### Part 2:

Wednesday, November 8  
12:00 – 1:00 pm

### Technology and the Teenage Brain

Digital Wellness for Families

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

Wednesday, November 15  
6:00 – 7:30 pm

## Adult Education Sessions

### Silver Linings

*Supporting Wellness in the Later Years*

#### Part 1:

Wednesday, November 22  
12:00 – 1:00 pm

#### Part 2:

Wednesday, November 29  
12:00 – 1:00 pm

## Participant Feedback

“Thank you. So valuable in this crazy changing world. I really like that these sessions also point parents in the direction they can go for further help or supports.”

“Really interesting session presented in a kind and thoughtful way. Thank you!”

## Sessions at a Glance



Professional Practice & Education  
Addiction & Mental Health  
Edmonton Zone

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

# Caregiver Education Sessions

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

## Building Executive Functioning Skills

### Promoting Success in Learning

In these Lunch & Learn webinars, we will review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

### Part 1: The Impact of Executive Functioning

In this session, we will look at what executive functions are, their importance in our daily lives, and how executive skill difficulties may impact our children.

**Date: Wednesday, November 1**

12:00 – 1:00 pm

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

### Part 2: Supporting Executive Functioning Development

In this session, we will focus on three foundational executive functions and strategies for supporting our children as they grow in their skills.

**Date: Wednesday, November 8**

12:00 – 1:00 pm

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

## Technology and the Teenage Brain

### Digital Wellness for Families

Technology is a huge part of our children's lives. Come together to discuss how modern technology can impact 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: Wednesday, November 15**

Time: 6:00 – 7:30 pm

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

## Participant Feedback

“Great presentation, material and helpful for professionals, parents or guardians.”

“Great discussion, valuable information!”

“Thank you, this was great and easy to participate on a lunch break.”



Professional Practice & Education  
Addiction & Mental Health  
Edmonton Zone

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# Adult Education Sessions

November 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.

## 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: Wednesday, November 22**

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: Wednesday, November 29**

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.

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)

## Participant Feedback

“Great time. Beneficial and thought-provoking content. I’ll keep on taking these courses. I’m 76 and still learning! Thanks.”

“I find the format of the virtual one hour - lunch & learn sessions to be a great option. Thanks!”