


## Caregiver Education Sessions

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.

<p><b>Test Anxiety</b></p> <p>Does your child prepare for a test only to freeze or blank out during the test? Did you know that test anxiety is very common among students? This session will help caregivers support their children 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 child to use to manage anxiety symptoms.</p>	<p><b>Date: January 12, 2016</b>  <b>Time: 5:00- 6:30 pm</b>  <b>Location: Jasper Place High School (8950-163 Street) Edmonton, AB</b>  <b>Room: TBA</b>  <b>Register at:</b>  <a href="https://www.surveymonkey.com/r/testanxietywinter2016">https://www.surveymonkey.com/r/testanxietywinter2016</a></p> <p>★ <b><i>Both parents and teens (grade 7 – 12) are encouraged to attend this session together</i></b></p>	<p><b>Date: January 26, 2016</b>  <b>Time: 5:30- 7:00 pm</b>  <b>Location: T.D. Baker School (1750 Millwoods Road East) Edmonton, AB</b>  <b>Room: TBA</b>  <b>Register at:</b>  <a href="https://www.surveymonkey.com/r/testanxietywinter2016">https://www.surveymonkey.com/r/testanxietywinter2016</a></p> <p>★ <b><i>Both parents and teens (grade 7 – 12) are encouraged to attend this session together</i></b></p>
<p><b>Parenting Strategies that Promote Positive Mental Health in Elementary School Children</b></p> <p>Approximately 1 in 5 Canadian children are affected by a mental health issue. Explore factors that contribute to health and wellness, and learn how you can be your child's greatest mental health asset by using strategies that promote their health and wellness.</p>		
<p><b>Date: January 13, 2016</b>  <b>Time: 6:00- 7:30 pm</b>  <b>Location: Ekota School (1395 Knotwood Road East) Edmonton, AB</b>  <b>Room: TBA</b></p> <p><b>Register at:</b>  <a href="https://www.surveymonkey.com/r/pmhwinter2016">https://www.surveymonkey.com/r/pmhwinter2016</a></p>	<p><b>Date: January 20, 2016</b>  <b>Time: 5:00- 6:30 pm</b>  <b>Location: St. Justin School (8405 – 175 Street) Edmonton, AB</b>  <b>Room: TBA</b></p> <p><b>Register at:</b>  <a href="https://www.surveymonkey.com/r/pmhwinter2016">https://www.surveymonkey.com/r/pmhwinter2016</a></p>	<p><b>Date: January 27, 2016</b>  <b>Time: 6:00- 7:30 pm</b>  <b>Location: Delton School (12126 – 89 Street) Edmonton, AB</b>  <b>Room: TBA</b></p> <p><b>Register at:</b>  <a href="https://www.surveymonkey.com/r/pmhwinter2016">https://www.surveymonkey.com/r/pmhwinter2016</a></p>
<p><b>Date: February 1, 2016</b>  <b>Time: 4:30- 6:00 pm</b>  <b>Location: Harry Ainley High School (4350 – 111 Street) Edmonton, AB</b>  <b>Room: TBA</b></p> <p><b>Register at:</b>  <a href="https://www.surveymonkey.com/r/pmhwinter2016">https://www.surveymonkey.com/r/pmhwinter2016</a></p>	<p><b>Date: February 17, 2016</b>  <b>Time: 6:00- 7:30 pm</b>  <b>Location: Esther Starkman (2717 Terwillegar Way) Edmonton, AB</b>  <b>Room: TBA</b></p> <p><b>Register at:</b>  <a href="https://www.surveymonkey.com/r/pmhwinter2016">https://www.surveymonkey.com/r/pmhwinter2016</a></p>	<p><b>Date: February 23, 2016</b>  <b>Time: 6:00- 7:30 pm</b>  <b>Location: Caulder School (12950 – 118 Street) Edmonton, AB</b>  <b>Room: Library</b></p> <p><b>Register at:</b>  <a href="https://www.surveymonkey.com/r/pmhwinter2016">https://www.surveymonkey.com/r/pmhwinter2016</a></p>

## Caregiver Education Sessions

<p><b>Children &amp; Adolescents with Anxiety</b></p> <p>This session will distinguish between normal anxiety and anxiety disorders. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as e-health tools (apps) designed to help youth cope.</p>	<p>Date: January 14, 2016 Time: 6:00 – 7:30 pm Location: Pine Street School (133 Pine Street) Sherwood Park, AB Room: Library</p> <p>Register at: <a href="https://www.surveymonkey.com/r/anxietywinter2016">https://www.surveymonkey.com/r/anxietywinter2016</a></p>	<p>Date: January 28, 2016 Time: 6:00 – 7:30 pm Location: Waverly School (6825 – 89 Avenue) Edmonton, AB Room: TBA</p> <p>Register at: <a href="https://www.surveymonkey.com/r/anxietywinter2016">https://www.surveymonkey.com/r/anxietywinter2016</a></p>
<p>Date: February 3, 2016 Time: 6:00 – 7:30 pm Location: Good Shepherd School (18111 – 57 Avenue) Edmonton, AB Room: Library</p> <p>Register at: <a href="https://www.surveymonkey.com/r/anxietywinter2016">https://www.surveymonkey.com/r/anxietywinter2016</a></p>	<p>Date: February 4, 2016 Time: 6:00 – 7:30 pm Location: Louis St. Laurent School (11230- 43 Avenue) Edmonton, AB Room: TBA</p> <p>Register at: <a href="https://www.surveymonkey.com/r/anxietywinter2016">https://www.surveymonkey.com/r/anxietywinter2016</a></p>	<p>Date: February 9, 2016 Time: 5:00 – 6:30 pm Location: Jasper Place High School (8950-163 Street) Edmonton, AB Room: TBA</p> <p>Register at: <a href="https://www.surveymonkey.com/r/anxietywinter2016">https://www.surveymonkey.com/r/anxietywinter2016</a></p>
<p>Date: February 16, 2016 Time: 6:00 – 7:30 pm Location: Thorsby Elementary School (4303 – 48 Avenue) Thorsby, AB Room: TBA</p> <p>Register at: <a href="https://www.surveymonkey.com/r/anxietywinter2016">https://www.surveymonkey.com/r/anxietywinter2016</a></p>	<p>Date: March 9, 2016 Time: 6:00 – 7:30 pm Location: Richard Secord School (4025 – 117 Street) Edmonton, AB Room: TBA</p> <p>Register at: <a href="https://www.surveymonkey.com/r/anxietywinter2016">https://www.surveymonkey.com/r/anxietywinter2016</a></p>	<p>Date: March 10, 2016 Time: 6:00 – 7:30 pm Location: Beaumont Comp. High School (5417 – 43 Avenue) Beaumont, AB Room: TBA</p> <p>Register at: <a href="https://www.surveymonkey.com/r/anxietywinter2016">https://www.surveymonkey.com/r/anxietywinter2016</a></p>



**Register  
Early...space  
is limited!!**

**Contact 780-415-0074 or  
[CYFCaregiverEducation@ahs.ca](mailto:CYFCaregiverEducation@ahs.ca)  
If you have questions or need to  
cancel**

## Caregiver Education Sessions

### Anxiety and the High Achieving Child

This session will explore the difficulties faced by high achieving children with focus on anxiety, perfectionism and the pressures of performing to meet high expectations, particularly in an academic focus. This session will distinguish between normal anxiety and anxiety disorders. It will help caregivers to identify signs that your high achieving child is experiencing problems with anxiety. Caregivers will gain strategies to assist their child to manage their anxiety and improve their mental health.

### Anxiety

**Date: January 19, 2016**

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

**Location: Westbrook School  
(11915 – 40 Avenue)**

**Edmonton, AB**

**Room: TBA**

**Register at:**

<https://www.surveymonkey.com/r/childwinter2016>

### Supporting Self Regulation in Elementary School Children

Do you wish you had 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 and adolescents. The strategies and resources provided will empower and foster caregivers' essential skills to increase children's mental health and resiliency.



**Date: January 21, 2016**

**Time: 6:00 – 7:30 pm**

**Location: Steinhauer School  
(10717 – 32A Avenue)**

**Edmonton, AB**

**Room: TBA**

**Register at:**

<https://www.surveymonkey.com/r/selfregwinter2016>

**Date: March 1, 2016**

**Time: 6:00 – 7:30 pm**

**Location: Annunciation Catholic  
Elementary World IB School**

**(9325 – 165 Street NW)**

**Edmonton, AB**

**Room: TBA**

**Register at:**

<https://www.surveymonkey.com/r/selfregwinter2016>

**Date: March 3, 2016**

**Time: 5:30 – 7:00 pm**

**Location: Lymburn School  
(18710 – 72 Avenue)**

**Edmonton, AB**

**Room: TBA**

**Register at:**

<https://www.surveymonkey.com/r/selfregwinter2016>

**Questions? Cancellations? Please contact:**

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

## Caregiver Education Sessions

### Parenting Teens in the 21<sup>st</sup> Century

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 also learn how to use discipline and establish healthy, respectful boundaries with your teen so that you can spend less time arguing and more time enjoying each other's company.

#### Parenting Teens

**Date:** February 18, 2016  
**Time:** 6:00 – 7:30 pm  
**Location:** Johnny Bright School  
(1331 Rutherford Road SW)  
Edmonton, AB  
**Room:** TBA

Register at:

<https://www.surveymonkey.com/r/21centurywinter2016>



#### Parenting Teens

**Date:** February 24, 2016  
**Time:** 6:00 – 7:30 pm  
**Location:** Ardrossan Jr. Sr. High  
School (53129 RRR 222)  
Ardrossan, AB  
**Room:** TBA

Register at:

<https://www.surveymonkey.com/r/21centurywinter2016>

### Increasing Executive Functioning in Children & Adolescents – Success for Learning

Did you know that how you learn and how you make sense of the world is often impacted by executive functioning? Executive functioning skills are considered to be essential for children to succeed in school and later in life. Learn about these skills and how they impact learning, behavior, emotions and social interactions. Caregivers will be provided with strategies and resources to assist their child or teen to increase their executive functioning and overall mental health.

#### Executive Functioning

**Date:** February 25, 2015  
**Time:** 6:00 – 7:30 pm  
**Location:** Waverly School  
(6825 – 89 Avenue)  
Edmonton, AB  
**Room:** TBA

Register at:

<https://www.surveymonkey.com/r/executionwinter2016>

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## Caregiver Education Sessions



### More than just a bad day – Understanding and Supporting Students with Depression and Self Injury

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 practical strategies and resources to support youth experiencing depression who maybe self-injuring.

### More than just a bad day

Date: **March 2, 2016**

Time: 6:00 – 7:30 pm

Location: **Louis St. Laurent  
Catholic School  
(11230 – 43 Avenue)  
Edmonton, AB  
Room: TBA**

Register at:

<https://www.surveymonkey.com/r/baddaywinter2016>

### Transitioning Into Junior High

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 demands of junior high school? This session will provide information about the developmental changes young teens experience, and the challenges they face as they transition to junior high school. The strategies and resources provided will empower caregivers to increase their child's ability to deal with the challenges of junior high school while also boosting their mental health.



### Transitioning into Junior High

Date: **March 8, 2016**

Time: 6:00 – 7:30 pm

Location: **Waverly School  
(6825 – 89 Avenue)  
Edmonton, AB  
Room: TBA**

Register at:

<https://www.surveymonkey.com/r/juniorhighwinter2016>

★ ***Both parents and students (grade 6 – 8) are encouraged to attend this session together***

### Transitioning into Junior High

Date: **March 15, 2016**

Time: 6:00 – 7:30 pm

Location: **George P. Nicholson School  
(1120 – 113 Street NW)  
Edmonton, AB  
Room: TBA**

Register at:

<https://www.surveymonkey.com/r/juniorhighwinter2016>

★ ***Both parents and students (grade 6 – 8) are encouraged to attend this session together***

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## Caregiver Education Sessions

### 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 facts and myths related to teen substance use and how to prevent substance use problems amongst teens. Parents will learn about strategies to intervene and supports teens on the issue of substance use. Teens will learn the truth about drugs and the impacts on their health.

★ *Both parents and teens (grade 7 – 12) are encouraged to attend this session together.*



**DRUG  
FREE  
YOUTH**

**Date: March 9, 2015**  
**Time: 5:00 – 6:30 pm**  
**Location: Jasper Place High School**  
**(8950-163 Street)**  
**Edmonton, AB**  
**Room: TBA**

Register at:  
<https://www.surveymonkey.com/r/substancewinter2016>

★ *Both parents and teens (grade 7 – 12) are encouraged to attend this session together*

**Date: March 23, 2015**  
**Time: 5:30 – 7:00 pm**  
**Location: Dan Knott School**  
**(1434-80 Street)**  
**Edmonton, AB**  
**Room: TBA**

Register at:  
<https://www.surveymonkey.com/r/substancewinter2016>

★ *Both parents and teens (grade 7 – 12) are encouraged to attend this session together*



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SPACE IS**

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