

RCSD Caregiver Education Series Host School Booking Information 2016 - 2017

The Children, Youth and Families – Addiction and Mental Health – Edmonton Zone (Alberta Health Services) will provide caregivers and teachers with incredible opportunities to increase their awareness of the mental health challenges that children and adolescents may experience. These information sessions are intended to provide caregivers, teachers, and community members with basic level information regarding addiction and mental health challenges that can and do affect children and youth.

Presenters: Mental Health Professionals with extensive knowledge of the treatment of addiction and mental health concerns impacting children, adolescents and families.

Target Audience: The sessions are aimed at parents/caregivers, guardians, teachers, and school support staff. Some sessions are geared towards topics effecting elementary school kids while others apply more to teen issues. The majority of our sessions are intended for adults only, though some are open to both teenagers and their parents. Presentations will be hosted by one school, but all participants are welcome.

Schedule: Presentations can be scheduled on Tuesday, Wednesday or Thursday evenings anytime between 4:30 – 7:30. All presentations are 90 minutes in length. Sessions run during the school year. No sessions are scheduled on holidays or PD days.

Booking: For more information or to book a session for your school, please contact the Education Team via e-mail at CYFCaregiverEducation@ahs.ca or call (780)415-0074.

List of Topics Offered per Term and Intended Audience

<p>September/October</p> <ul style="list-style-type: none"> • The Generational Shift: Ways for Grandparents to Gain Awareness Around Addiction and Mental Health (K-12) • Breaking the Cycle of Anxiety: A Step by Step Approach (K-12) • Supporting Self-Regulation in Elementary School Children (K-6) • Social Skills: The Building Blocks of Success (K-6) • Test Anxiety: Strategies for Success: Parents & Teen (Grades 7-12) to attend together 	<p>November/December</p> <ul style="list-style-type: none"> • Caring for Yourself so You can Care for Your Children (K-12) • Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD (K-12) • More Than Just a Bad Day: Understanding and Supporting Students with Depression and Self-Injury (Grades 7-12) • Parenting in the 21st Century: Respectful Limit Setting with Adolescents (Grades 7-12) • Substance Awareness for Parents and Teens: Parents & Teens (Grade 7-9) to attend together
<p>January/February</p> <ul style="list-style-type: none"> • Caring for Yourself so You can Care for Your Children (K-12) • Breaking the Cycle of Anxiety: A Step by Step Approach (K-12) • Promoting Success in Learning by Increasing Executive Functioning Skills (K-6) • Parenting Strategies that Promote Positive Mental Health and Builds Resiliency in Elementary School Children (K-6) • Technology and the Teenage Brain: Parents & Teens (Grades 7-12) to attend together 	<p>March/April</p> <ul style="list-style-type: none"> • More Than Just a Bad Day: Understanding and Supporting Students with Depression and Self-Injury (Grades 7-12) • Supporting Teens with Self-Esteem, Body Image and Eating Issues (Grades 7-12) • Supporting Self-Regulation in Elementary School Children (K-6) • Junior High Jitters: Transitioning to the Teenage Years: Parents & Pre-Teens (Grades 6-8) to attend together • Substance Awareness for Parents and Teens: Parents & Teens (Grade 7-9) to attend together
<p>May/June:</p> <ul style="list-style-type: none"> • The Generational Shift: Ways for Grandparents to Support Their Family's Mental Health (K-12) • Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD (K-12) • Parenting in the 21st Century: Respectful Limit Setting with Adolescents (Grades 7-12) • Test Anxiety: Strategies for Success: Parents & Teen (Grades 7-12) to attend together 	

The Generational Shift: Ways for Grandparents to Gain Awareness Around Addiction and Mental Health (K-12)

Attention GRANDPARENTS! Is it difficult being a grandparent in the 21st century? Do you feel like you can't relate to the present day issues impacting your grandchild? Do you struggle to connect with the youth in your family? Are you interested in doing more to assist your grandchild in coping with their mental health and addiction issues? As a grandparent you may act as a caregiver, role model, teacher, coach, support, or a listening ear. Your role in the family and the wisdom of your experience is valuable. In this session you will learn more about the mental health and addiction issues impacting young children and youth. The practical strategies discussed will give you more information on how to support your family in dealing with mental illness, addictions, and the unique challenges that all caregivers face in the 21st century.

Breaking the Cycle of Anxiety: A Step by Step Approach (K-12)

Anxiety is one of the most common mental health complaints in children and teens today. This session will distinguish between normal anxiety and anxiety that is no longer helpful or productive. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain step by step strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as tools designed to reduce anxiety.

Supporting Self-Regulation in Elementary School Children (K-6)

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.

Social Skills: The Building Blocks of Success (K-6)

Does your elementary school child struggle to make or maintain friendships? As the use of technology increases in society, do you find yourself struggling to support your child's social skills? Social skills are essential to academic success and positive self-esteem. It is a core element of resiliency enabling children to withstand hard times. This session will define social skills and discuss ways that caregivers can build positive social skills in children in the 21st century. We will review what you can do to support the development of these skills, in your child, to sustain lifelong positive mental health.

Test Anxiety: Strategies for Success: Parents & Teen (Grades 7-12) to attend together

Does your teen prepare for a test only to freeze or blank out during the test? Does your teen's anxiety hold them back from their full potential? Test and performance anxiety is very common among students. This session will help teens learn how to succeed in spite of their anxiety and help caregivers support their teens 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 teens to use to manage anxiety symptoms. **Parents and teens (grades 7-12) are encouraged to attend this session together.**

Caring for Yourself so You can Care for Your Children (K-12)

Parenting and care giving is one of the most rewarding things someone can do, but it's also one of the most challenging and stressful. We spend so much time and energy caring for others that we sometimes forget to care for ourselves. Learn to recognize the signs/symptoms of stress and how this can impact your wellbeing. Explore why self-care is crucial to your well-being and the well-being of your children. This session will leave you with your own self-care strategies and a greater understanding of the benefits of mindfulness training.

Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD (K-12)

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self-worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescent with ADHD.

More Than Just a Bad Day: Understanding and Supporting Students with Depression and Self-Injury (Grades 7-12)

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 behaviour. Caregivers will learn about treatment options for depression as well as strategies to help support youth who may be engaging in self-injury.

Parenting in the 21st Century: Respectful Limit Setting with Adolescents (Grades 7-12)

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

Substance Awareness for Parents and Teens: Parents & Teens (Grade 7-9) to attend together

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 risk and protective factors related to teen substance use and the power of parents on how to prevent substance use problems amongst teens. Parents will learn about strategies to intervene and support teens on the issue of substance use. Teens will learn the truth about drugs and the impacts on their physical and mental health. **Parents and teens (grades 7-9) are encouraged to attend this session together.**

Promoting Success in Learning by Increasing Executive Functioning Skills (K-6)

Take a peek inside the developing brain of a child to learn about the processes that enable kids to engage in problem solving and goal directed behaviors. These 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 children to increase their executive functioning skills, including inhibition, working memory and mental flexibility.

Parenting Strategies that Promote Positive Mental Health and Builds Resiliency in Elementary School Children (K-6)

Approximately 1 in 5 Canadian children are affected by a mental health issue. Explore factors that contribute to mental health and wellness, and learn how you can be your child's greatest mental health asset by using strategies that promote their mental health and wellness. Learn about the different types of stress and how some stress can be helpful in building children's resiliency and future success.

Technology and the Teenage Brain: Parents & Teens (Grades 7-12) to attend together

Technology is a huge part of our children's lives - and a common concern for most parents who are learning how to keep up in an ever changing world. Social media, video gaming, internet use and cell phones may already be topics of debate within your family. Come together to learn how this modern use of technology can impact the developing teenage brain. This session will review some of the risks but also the benefits of technology. Parents and teens will learn ways to stay safe and balanced in their use of technology to better support positive mental health. **Both parents and teens (grades 7-12) are encouraged to attend this session together.**

Supporting Teens with Self-Esteem, Body Image and Eating Issues (Grades 7-12)

The facts can be shocking when it comes to the self-esteem and body image of children and youth. Did you know that 42% of Grade 1-3 girls want to be thinner and 81% of 10 year olds are afraid of being fat? This negative thinking can turn to action as half of teenage girls and a third of teenage boys have used weight control measures. Teenage years can be a stressful time with developmental changes, social pressures and academic demands. This session will help caregivers learn to recognize the warning signs of disordered eating and its impact on their youth. The strategies provided will empower caregivers to promote a healthy self-esteem and body image in their teens.

Junior High Jitters: Transitioning to the Teenage Years: Parents & Pre-Teens (Grades 6-8) to attend together

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 pressures of junior high school? This session will provide information about the developmental changes young teens experience, as well as the challenges they face as they transition into junior high school. The strategies and resources provided will empower you and your child in dealing with the social, emotional and cognitive changes that come in junior high school while also boosting their mental health. **Parents and preteens (grades 6-8) are encouraged to attend this session together.**