

# Caregiver Education Team Newsletter

February 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

### Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6.

#### Part 1:

Tuesday, February 14  
12:00 – 1:00 pm

#### Part 2:

Tuesday, February 21  
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, February 22  
6:00 – 7:30 pm

### Understanding Self-Injury

For parents and caregivers of youth in grades 7-12

Tuesday, February 28  
12:00 – 1:00 pm

## Adult Education Sessions

### Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and youth.

#### Part 4:

### Overcoming Avoidance

Tuesday, February 7  
12:00 – 1:00 pm

### Resiliency

Through Caring, Connecting, and Coping

For adults supporting their own wellness or supporting the wellness of children and youth.

Wednesday, February 8  
6:00 – 7:30 pm

## Participant Feedback:

“I appreciate the opportunity to learn in this forum on many topics – thank you.”

“I loved the practical tips and inviting the participants to share.”

## Sessions at a Glance



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

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

# Caregiver Education Sessions

February 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:

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## Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

### Part 1: Increasing Wellness Deposits

In this **one-hour Lunch & Learn webinar**, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

**Tuesday, February 14, 2023**

Time: 12:00 – 1:00 pm

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

### Part 2: Reducing Wellness Withdrawals

In this **one-hour Lunch & Learn webinar**, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

**Tuesday, February 21, 2023**

Time: 12:00 – 1:00 pm

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

## Participant Feedback:

"Thank you so much for the information."

"This presentation was loaded with invaluable information and resources! Thank you for helping parents and kids!"

"The presentation was very engaging - great use of the Zoom platform!"



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## 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, February 22, 2023**

Time: 6:00 – 7:30 pm

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

## Understanding Self-Injury

In this 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: Tuesday, February 28, 2023**

Time: 12:00 – 1:00 pm

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

## Participant Feedback:

"It was helpful to have the interactive questions - helped keep my kids engaged."

"This was a great session. It helped my family talk and understand each other's point of view."

"These sessions are so helpful...excellent, useful content. Thank you."



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# Adult Education Sessions

February 2023



These free adult 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 4: Overcoming Avoidance

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

**Date: Tuesday, February 7, 2023**

Time: 12:00 – 1:00 pm

This session is for adults only.

## Resiliency

### Through Caring, Connecting, and Coping

Resiliency is something we want but often do not know how we can help it grow in our own lives. Join us for this **90-minute evening webinar** where we will learn about stress and burnout, the power of resilience in getting through the ‘tough stuff’, and how self-compassion and self-care are essential to our well-being. We will discuss strategies for building our own personal supportive networks and inner coping skills to strengthen our ability to ‘bounce back’.

**Date: Wednesday, February 8, 2023**

Time: 6:00 – 7:30 pm

This session is for adults only.

### Registration:

Sessions are offered online through the Zoom conferencing application.

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

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### Participant Feedback:

“Extremely helpful, realistic advice and suggestions. Thank you!”

“Content, delivery, and duration were all ‘just right!’”

“Great session, thank you! I appreciated the specific tips, ideas, and guidance.”