

# Caregiver Education Team Newsletter

November 2022



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:

Tuesday, November 8  
12:00 – 1:00 pm

#### Part 2:

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

### Understanding Self-Injury

For parents and caregivers of youth in grades 7-12

Wednesday, November 9  
12:00 – 1:00 pm

### Technology and the Teenage Brain

*Digital Wellness for Families*

For parents and teens in grades 7-12 to attend together

Wednesday, November 16  
6:00 – 7:30 pm

## Adult Education Sessions

### More than Just a Bad Day

*Understanding Depression*

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, November 23  
12:00 – 1:00 pm

### Substance Use

*A Harm Reduction Approach*

For adults, and for caregivers supporting youth in grades 7-12

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

## Participant Feedback

*"I think the virtual sessions are a fantastic way to reach people and get information out especially now when everyone can use the help."*

*"Was a good session, great reminders of the need for balance and reminded me of things I need to work on as a parent as well as my successes. Thank you."*

## 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

November 2022



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)

## Participant Feedback:

*"I thought this was great... so happy I signed up."*

*"I love the lunch time opportunities to learn about how to better help myself and my teen. Thank you!"*

*"I appreciate the presenter's skill level. I enjoy the 1-hour webinars, good use of information in 1 hour."*

*"Thank you so much. Looking forward to the next one."*

## 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: Tuesday, November 8, 2022**

12:00 – 1:00 pm

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

**Part 2: Tuesday, November 22, 2022**

12:00 – 1:00 pm

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

## 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: Wednesday, November 9, 2022**

Time: 12:00 – 1:00 pm

For caregivers of youth in grades 7-12; 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 16, 2022**

Time: 6:00 – 7:30 pm

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



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# Adult Education Sessions

November 2022



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.

## More than Just a Bad Day

### Understanding Depression

In this **one-hour Lunch & Learn session**, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

**Date: Wednesday, November 23, 2022**

Time: 12:00 – 1:00 pm

For adults, and caregivers supporting youth (grades 7-12).

## Substance Use

### A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances used by youth, the spectrum of use, and the science behind addiction. Discover the basic principles of harm reduction and why it is beneficial for those who use substances. Learn strategies to support loved ones who may be using substances through courageous conversations and harm reduction strategies.

**Date: Wednesday, November 30, 2022**

Time: 6:00 – 7:30 pm

For adults, and caregivers supporting youth (grades 7-12).

### 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:

*“The session today was informative, and I know that I will use some of the techniques discussed today...”*

*“I am so happy this session was available. Many great tools were offered and will be used. Very thankful for the succinct and useful information.”*

*“Fantastic session, thank you!”*



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