

Caregiver Education Team Newsletter

September 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.

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or the wellness of others.

**Part 1:
An Introduction**
Wednesday, September 20
12:00 – 1:00 pm

**Part 2:
Calming Our Bodies**
Wednesday, September 27
12:00 – 1:00 pm

**Part 3:
Settling Our Minds**
Wednesday, October 4
12:00 – 1:00 pm

**Part 4:
Overcoming Avoidance**
Wednesday, October 11
12:00 – 1:00 pm

Caregiver Education Sessions

Parenting Teens in the 21st Century

For parents and caregivers of youth in grades 7-12.

Part 1:
Monday, September 18
12:00 – 1:00 pm

Part 4:
Monday, September 25
12:00 – 1:00 pm

Participant Feedback

“Thank you! Just a wealth of great information.”

“The time was good and with two presenters it didn’t feel boring at all. Great job.”

“I like the interactive portions because it helps to connect with other people who are watching.”

“Going over tips and strategies helped quite a lot.”

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

September 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

Parenting Teens in the 21st Century Respectful Limit Setting for Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Teen Development and Challenges

In this one-hour Lunch & Learn webinar, we will look the challenges of both being and raising a teenager. We will look at some of the unique factors that today's teens face and how their development in these key years impacts their behaviours and relationships.

Date: Monday, September 18, 2023

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12, [for adults only](#).

Part 2: Parent Responsiveness

In this one-hour Lunch & Learn webinar, we will discuss parenting strategies to promote healthy teenage development with a focus on relationship, communication, and respectful limit setting.

Date: Monday, September 25, 2023

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12, [for adults only](#).

Participant Feedback

“The virtual format is very convenient and makes it much easier to attend these sessions.”

“Thank you - this learning journey is so helpful for my growing family.”

“Enjoyed the short videos. Session time was perfect.”

“I liked the format, especially the interactive part as it keeps you focused.”



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Adult Education Sessions

September 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.

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or those they care for may be experiencing anxiety.

Date: Wednesday, September 20, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of others.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Wednesday, September 27, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of others.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Wednesday, October 4, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of others.

Part 4: Overcoming Avoidance

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

Date: Wednesday, October 11, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of others.

Registration:

Sessions are offered online through the Zoom conferencing application.

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Participant Feedback

“Thank you for another great session. I’m enjoying them so much!”

“The time was just right as I work in the daytime. Thank you so much for providing this support!”

“Thanks so much for sharing with us in this session.”

“The questions asked to participants were helpful.”



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