

# Caregiver Education Team Newsletter

April 2024



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

### Understanding Autism

For parents and caregivers supporting teens in grades K-12.

Tuesday, April 2  
12:00 – 1:00 pm

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

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

**Part 1:**  
Tuesday, April 9  
12:00 – 1:00 pm

**Part 2:**  
Tuesday, April 16  
12:00 – 1:00 pm

## Caregiver Education Sessions

### Keeping Scattered Kids on Track

*Supporting Children and Youth with ADHD*

For parents and caregivers of children and youth in grades K-12

**Part 1:**  
Thursday, April 18  
12:00 – 1:00 pm

**Part 2:**  
Thursday, April 25  
12:00 – 1:00 pm

## Adult Education Sessions

### **NEW!** Wellness Exchange Series

For adults supporting their own wellness or the wellness of a loved one.

**Part 1: Problem Solving**  
Wednesday, April 3  
6:00 – 7:30 pm

**Part 2: Positive Activities**  
Wednesday, April 17  
6:00 – 7:30 pm

*See below for May Wellness Exchange sessions.*

## Sessions at a Glance



Professional Practice & Education Services  
Addiction & Mental Health  
Edmonton Zone

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

# Caregiver Education Sessions

April 2024



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.

## Understanding Autism

In this introduction to autism spectrum disorder (ASD), participants will learn how ASD may affect the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

**Date: Tuesday, April 2, 2024**

Time: 12:00 – 1:00 pm

For parents and caregivers of children and youth grades K-12; for adults only.

## Parenting Teens in the 21<sup>st</sup> Century Respectful Limit Setting for Adolescents

In these sessions, we will explore the challenges of being a teenager, teen development, 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

**Date: Tuesday, April 9, 2024**

Time: 12:00 – 1:00 pm

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

### Part 2: Parent Responsiveness

**Date: Tuesday, April 16, 2024**

Time: 12:00 – 1:00 pm

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

## 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 appreciate being able to attend these sessions from home. Always come away with good advice and reminders. Thank you!”

“Particularly well presented! Very impressed. Perfect time and length.”



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## Keeping Scattered Kids on Track

### Supporting Children and Adolescents with ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come to these **Lunch & Learn sessions** and learn about the signs and symptoms of ADHD, ways that ADHD impacts achievement, self-worth, and relationships in children and youth, and strategies to support success.

#### Part 1: Thursday, April 18, 2024

Time: 12:00 – 1:00 pm

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

#### Part 2: Thursday, April 25, 2024

Time: 12:00 – 1:00 pm

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

### Registration:

Sessions are offered online through the Zoom conferencing application.

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### Participant Feedback:

“...they were great. I also appreciated the ability to tune in over my lunch hour virtually. Thank you!”

“This was a very well delivered and prepared presentation - thank you.”



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# Adult Education Sessions

April 2024



**Wellness Exchange** is a series of skill-building workshops that are modelled after the evidence-informed disaster recovery intervention found in *Skills for Psychological Recovery (SPR)*, applying the same action-oriented approach to non-disaster situations such as managing life's daily stressors.

## Wellness Exchange Series

The goal of Wellness Exchange Workshops is to help increase our ability to cope with change, build resilience, and improve our overall well-being.

Skills are taught in a **series of 5 different workshops**, each workshop focusing on a new skill.

**Participants are welcome to join one or more sessions in the series.**

### Session 1: Problem Solving

In this session, we will practice problem-solving skills that help us clearly define our problems and look at a variety of possible solutions, address the entire situation and influence what we can, and increase our confidence in the decisions we make.

**Date: Wednesday, April 3, 2024**

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

### Session 2: Positive Activities

In this session, we will consider and plan for regular positive activities that help us feel more connected to ourselves, our values, and others, increase our sense of hope, meaning, and purpose, and improve our physical and emotional health.

**Date: Wednesday, April 17, 2024**

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

### Session 3: Managing Reactions

In this session, we will look at how managing our reactions can help us protect our well-being, maintain our healthy connections, make effective decisions, and respond to stressors in healthy ways.

**Date: Wednesday, May 1, 2024**

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

## 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:

“Thanks for offering this topic. Your insight and knowledge are really appreciated. Thanks so much.”

“Thank you for the wonderful webinar that was presented.”



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### Session 4: Helpful Thinking

In this session, we will practice ways to improve our helpful thinking skills to increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

**Date: Wednesday, May 15, 2024**

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

### Session 5: Healthy Connections

In this session, we will look at ways we can build and maintain our healthy connections to increase our confidence, provide us with a sense of belonging, reduce isolation, and build our coping skills and increase our resiliency.

**Date: Wednesday, May 29, 2024**

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

Wellness Exchange was developed by the Mental Health Promotion & Illness Prevention Program and the Urgent Mental Health Outreach Team. It has been adapted from the Skills for Psychological Recovery: Field Operations guide with permission from the National Centre for PTSD. ©2021, Alberta Health Services.

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*Wellness Exchange workshops are not group therapy, nor are they a substitute for the advice of a qualified health professional. The material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm that accuracy of the information, Alberta Health Services does not make any representation or warranty, express implied or statutory, as to the accuracy, reliability, completeness, applicability, or fitness for a particular purpose of such information. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.*



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