

# Caregiver Education Team Newsletter

January / February 2025



Recovery Alberta 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 supporting the wellness of children and teens

**Part 1:**  
**An Introduction**  
Wednesday, February 5  
12:00 – 1:00 pm

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

**Part 3:**  
**Settling Our Minds**  
Wednesday, February 19  
12:00 – 1:00 pm

**Part 4:**  
**Overcoming Avoidance**  
Wednesday, February 26  
12:00 – 1:00 pm

## Adult Education Sessions

### Sleeping Your Way to Better Mental Health

For adults supporting their own wellness or the wellness of others

Wednesday, January 15  
12:00 – 1:00 pm

### Journey Together *Ways to Support Mental Health in Everyday Interactions*

For adults supporting their own wellness or the wellness of others

Wednesday, January 22  
12:00 – 1:00 pm

## Caregiver Education Sessions

### Body Image and Eating Disorders

For parents and caregivers supporting adults or teens (grades 7-12)

Wednesday, January 22  
6:00 – 7:30 pm

### Technology and the Teenage Brain

For parents and caregivers of teens (grades 7-12)

Wednesday, February 19  
6:00 – 7:30 pm

## Participant Feedback

“Thank you for a well-structured, informative session. It was a great reflection.”



Professional Practice & Education Services  
Addiction & Mental Health  
Edmonton Zone

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

# Adult Education Sessions

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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.

## Sleeping Your Way to Better Mental Health

Please join us to learn about the relationship between sleep and well-being. We will look at how sleep can impact mental and physical health, review common sleep concerns and factors that influence your ability to get the sleep you need. Lastly, we will provide practical strategies, tools, and resources to promote healthier sleep habits.

**Date: Wednesday, January 15, 2025**

Time: 12:00 – 1:00pm

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

## Journey Together Ways to Support Mental Health in Everyday Interactions

Our mental health is an important part of our overall health and wellness. However, every year, twenty percent of Canadians experience a significant mental health problem. When someone we care about is struggling, we may not be sure how to offer care and support. In this session, we will discuss general signs of distress, tips for talking with others about mental health, information that we can share with those we love, and ways we can support our own wellness too. Resources for further learning will be shared.

**Date: Wednesday, January 22, 2025**

Time: 12:00 – 1:00pm

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

### 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:

“Thank you for offering these lunch hour sessions, really appreciate the opportunity to join in for a 1-hour session. I can then decide if I want or require more information on the topic at the time.”

“Sharing of participant feedback on the white board was nice. It was good to have specific examples, including short video clips.”



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## 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 their child/youth may be experiencing anxiety.

**Date: Wednesday, February 5, 2025**

Time: 12:00 – 1:00 pm

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

### 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, February 12, 2025**

Time: 12:00 – 1:00 pm

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

### 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, February 19, 2025**

Time: 12:00 – 1:00 pm

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

### 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: Wednesday, February 26, 2025**

Time: 12:00 – 1:00 pm

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

## 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.

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## Participant Feedback:

“Thank you for a great series - the information was helpful and will be useful.”

“Really appreciate the knowledge base of your presenters. They present clearly, I can follow them easily. The 1-hour lunch and learn presentations are a great way to learn.”

“I was very impressed!”



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January/February 2025



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.

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## Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

**Date: Wednesday, January 22, 2025**

Time: 6:00 – 7:30 pm

For adults, and caregivers of youth 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, February 19, 2025**

Time: 6:00 – 7:30 pm

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

## Participant Feedback:

“All the information is very important and helpful.”

“Always appreciate the presenters' level of understanding of the topic they are presenting.”

“I have enjoyed all of the sessions that have been provided, they are very informative.”



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