

Caregiver Education Team Newsletter

March 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 Self-Injury

For parents and caregivers supporting teens in grades 7-12.

Tuesday, March 5
12:00 – 1:00 pm

Junior High Jitters

Transitioning to the Teenage Years

For parents and caregivers supporting teens in grades 7-12.

Wednesday, March 20
6:00 – 7:30 pm

Caregiver Education Sessions

Collaborative Problem Solving

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

Part 1:
Tuesday, March 19
12:00 – 1:00 pm

Part 2:
Tuesday, March 26
12:00 – 1:00 pm

Adult Education Sessions

Resilience through Connecting, Caring, and Coping

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

Tuesday, March 12
12:00 – 1:00 pm

Participant Feedback:

"Content of the course was helpful and well presented. Thank you for everything."

Sessions at a Glance



Professional Practice & Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

March 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.

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

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, March 5, 2023

Time: 12:00 – 1:00 pm

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

Junior-High Jitters

Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. We will look at ways to support these changes and boost wellness.

Date: Wednesday, March 20, 2022

Time: 6:00 – 7:30 pm

For caregivers and pre-teens (grades 6-8) to attend together.

Participant Feedback:

“Excellent presentation. The presenters seem like they have practiced well to deliver the content. I love that they are precise and clear and focused. Thank you!”

“Thanks for making this accessible to the public.”

“These sessions are excellent! The content itself is so bang on and very helpful.”



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Caregiver Education Sessions

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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.

Collaborative Problem Solving

In these online sessions, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

Part 1:

Date: Tuesday, March 19, 2024

Time: 12:00 – 1:00 pm

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

Part 2:

Date: Tuesday, March 26, 2024

Time: 12:00 – 1:00 pm

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

Participant Feedback:

“Nice, concise “lunch hour” format. Look forward to receiving the resources used during the session.”

“The method of presentation is excellent.”

“The techniques shared in this webinar were helpful and I am looking forward to trying to pass on some of them to the families I work with.”



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Adult Education Sessions

March 2024



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.

Resilience through Connecting, Caring, and Coping

Resiliency is something we want, but how do we foster it? Join us for this Lunch & Learn where we look at 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: Tuesday, March 12, 2024

Time: 6:00 – 7:30 pm

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

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

Participant Feedback:

"Loved this session. The time, length and information were perfect."

"I like both the video and lecture way of learning. I like the virtual delivery, time of day, and length of each session."

"The information, discussion, elaboration, and videos all together, have made this a very valuable resource. Thank you all very much."



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