

Caregiver Education Team Newsletter

December 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.

December Education Sessions

More than Just a Bad Day *Understanding Depression*

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

Monday, December 1
12:00 – 1:00 pm

Resilience through Connecting, Caring, and Coping

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

Monday, December 8
12:00 – 1:00 pm

January Education Sessions

Understanding Anxiety Series

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

Part 1:
An Introduction
Wednesday, January 7
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Wednesday, January 14
12:00 – 1:00 pm

Part 3:
Settling Our Minds
Wednesday, January 21
12:00 – 1:00 pm

Part 4:
Overcoming Avoidance
Wednesday, January 28
12:00 – 1:00 pm

January Education Sessions

Body Image and Eating Disorders

For parents and caregivers supporting teens (Grades 7-12)

Part 1:
Tuesday, January 20
12:00 – 1:00 pm

Part 2:
Tuesday, January 27
12:00 – 1:00 pm



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca

December Education Sessions

Recovery Alberta

Registration:

Sessions are offered online through the Zoom conferencing application.

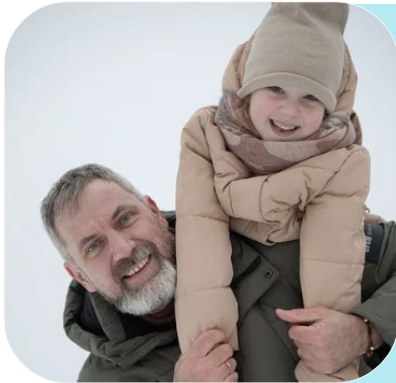
A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback

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



These free sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all.

More than Just a Bad Day Understanding Depression

In this 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: Monday, December 1, 2025

Time: 12:00 – 1:00 pm

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

Resilience through Connecting, Caring, and Coping

Resiliency is something we want, but how do we foster it? Join us for this webinar 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: Monday, December 8, 2025

Time: 12:00 – 1:00 pm

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



Professional Practice & Education Services
Edmonton

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January Education Sessions

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.

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, January 7, 2026

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, January 14, 2026

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, January 21, 2026

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, January 28, 2026

Time: 12:00 – 1:00 pm

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

Recovery Alberta

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

"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."



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January Education Sessions



These free sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all.

Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern. 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.

Part 1: Tuesday, January 20, 2026

Time: 12:00 – 1:00 pm

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

Part 2: Tuesday, January 27, 2026

Time: 12:00 – 1:00 pm

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

Recovery Alberta

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:

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Participant Feedback

"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."

