

Caregiver Education Team Newsletter

September 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.

Caregiver Education Sessions

Building Executive Functioning Skills *Supporting Success in Learning*

For parents and caregivers of children in grades K-6

Part 1:

Monday, September 15
12:00 – 1:00 pm

Part 2:

Monday, September 22
12:00 – 1:00 pm

Adult Education Sessions

Stepping Out, Staying Grounded *Supporting Mental Wellness in Higher Education*

For adults supporting their own wellness or the wellness of others

Tuesday, September 16
12:00 – 1:00 pm

Participant Feedback

“The session provided a good overview of strategies and provided good info. Thanks for running this!”

“The speakers were very knowledgeable and gave lots of information.”



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

September 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.

Building Executive Functioning Skills Supporting Success in Learning

In these Lunch & Learn webinars, we will review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Part 1: The Impact of Executive Functioning

In this session, we will look at what executive functions are, their importance in our daily lives, and how executive skill difficulties may impact our children.

Date: Monday, September 15, 2025

12:00 – 1:00 pm

For caregivers of children in grades K-6; for adults only.

Part 2: Supporting Executive Functioning Development

In this session, we will focus on three foundational executive functions and strategies for supporting our children as they grow in their skills.

Date: Monday, September 22, 2025

12:00 – 1:00 pm

For caregivers of children in grades K-6; 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:

"This presentation was loaded with invaluable information and resources! Thank you for helping parents and kids!"

"I can definitely apply this to my own children and classroom. Hope to be a part of more of these!"

"Helpful, realistic advice and suggestions. Thank you!"

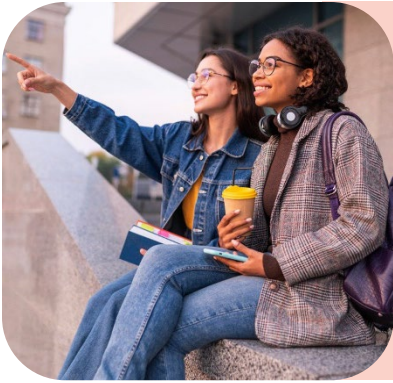


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Adult Education Sessions

September 2025



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.

Stepping Out, Staying Grounded

Supporting Mental Wellness in Higher Education

In this one-hour webinar, we will explore mental health challenges young adults face as they transition into post-secondary education and take on more independent roles. We'll discuss common stressors such as academic pressures, relationships, and financial strain and provide resources and tips to help.

Date: Tuesday, September 16, 2025

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.

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:

"Content, delivery, and duration were all 'just right!'"

"The information was very good and clear to understand."

"Thank you! So grateful for all the resources!"



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