

Caregiver Education Team Newsletter

October 2024



Recovery Alberta (formerly a part of 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.

Lunch & Learn Sessions

Understanding Anxiety Series

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

**Part 1:
An Introduction**
Tuesday, October 8
12:00 – 1:00 pm

**Part 2:
Calming Our Bodies**
Tuesday, October 15
12:00 – 1:00 pm

**Part 3:
Settling Our Minds**
Tuesday, October 22
12:00 – 1:00 pm

**Part 4:
Overcoming Avoidance**
Tuesday, October 29
12:00 – 1:00 pm

Evening Sessions

Wellness Exchange Series

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

Part 3: Managing Reactions
Wednesday, October 9
6:00 – 7:30 pm

Part 4: Helpful Thinking
Wednesday, October 23
6:00 – 7:30 pm

Participant Feedback:

“I am really enjoying these sessions and am finding them helpful.”

“I like the virtual delivery. It’s 100% effective & efficient!”

“Nice session! Thanks for offering!”

“The balance of direct instruction and interaction through a chat that minimized stress was excellent.”

Sessions at a Glance



Professional Practice & Education Services
Addiction & Mental Health
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Sessions

October 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 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: Tuesday, October 8, 2024

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: Tuesday, October 15, 2024

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: Tuesday, October 22, 2024

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: Tuesday, October 29, 2024

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.

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

www.cyfcaregivereducation.ca

Participant Feedback:

“Very informative and helpful”

“The quality of the presentation and the warmth of the presenters, even over Zoom, was really impressive.”

“Thank you...looking forward to the next one.”



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Evening Education Sessions

October 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. Each workshop in this series will focus on a new skill for supporting our wellness.

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

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, October 9, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

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, October 23, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

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

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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