

# Caregiver Education Team Newsletter

November/December 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

### Parenting Teens in the 21<sup>st</sup> Century

*Respectful Limit Setting for Adolescents*

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

#### Part 1:

Wednesday, November 13  
12:00 – 1:00 pm

#### Part 2:

Wednesday, November 20  
12:00 – 1:00 pm

### Building Executive Functioning Skills

*Supporting Success in Learning*

For parents and caregivers of children in grades K-6

#### Part 1:

Monday, December 2  
12:00 – 1:00 pm

#### Part 2:

Monday, December 9  
12:00 – 1:00 pm

## Adult Education Sessions

### Wellness Exchange Series

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

#### Part 5 - Healthy Connections:

Wednesday, November 6  
6:00 – 7:30 pm

### More than Just a Bad Day

*Understanding Depression*

For adults supporting their own wellness or the wellness of youth (grades 7-12)

Tuesday, November 26  
12:00 – 1:00 pm

## Adult Education Sessions

### Silver Linings

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

#### Part 1:

Thursday, December 5  
12:00 – 1:00 pm

#### Part 2:

Thursday, December 12  
12:00 – 1:00 pm

## Participant Feedback

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

“Great information on an important topic!”



Professional Practice & Education Services  
Addiction & Mental Health  
Edmonton Zone

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

# Caregiver Education Sessions

November/December 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.

## Parenting Teens in the 21<sup>st</sup> Century Respectful Limit Setting for Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

### Part 1: Teen Development and Challenges

In this one-hour Lunch & Learn webinar, we will look the challenges of both being and raising a teenager. We will look at some of the unique factors that today's teens face and how their development in these key years impacts their behaviours and relationships.

**Date: Wednesday, November 13, 2024**

Time: 12:00 – 1:00 pm

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

### Part 2: Parent Responsiveness

In this one-hour Lunch & Learn webinar, we will discuss parenting strategies to promote healthy teenage development with a focus on relationship, communication, and respectful limit setting.

**Date: Wednesday, November 20, 2024**

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12, 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](http://www.cyfcaregivereducation.ca)

## Participant Feedback:

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

“[The facilitators] present clearly, I can follow them easily. The one-hour lunch and learn presentations are a great way to learn.”



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## 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, December 2, 2024**

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, December 9, 2024**

12:00 – 1:00 pm

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

## Participant Feedback:

“I am very grateful for the time and resources provided, any information and direction is appreciated to help with helping my [child].”

“Keep up the good work.”

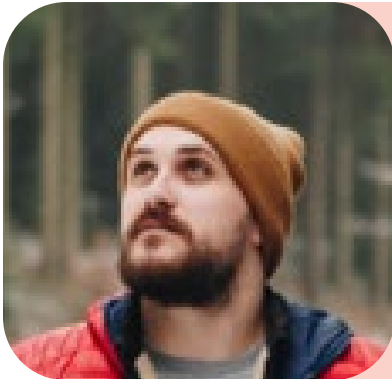


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# Adult Education Sessions

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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.

## Registration:

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## 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.

### Session 5: Healthy Connections

In this session, we will look at ways we can build and maintain our healthy connections to increase our confidence, provide us with a sense of belonging, reduce isolation, and build our coping skills and increase our resiliency.

**Date: Wednesday, November 6, 2024**

Time: 6:00 – 7:30 pm

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

### 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: Tuesday, November 26, 2024**

Time: 12:00 – 1:00 pm

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

## Participant Feedback:

“Thank you for presenting this session!”

“Really beautifully prepared and presented...gorgeous slides, good pace, interactive (just enough and not overly)...”

“I enjoyed the delivery to both presenters. Thank you very much, great work!”



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## Silver Linings

### Supporting Wellness in the Later Years

As we age, we may face many stressors and challenges - we may not be as strong as we used to be, we may experience medical illnesses and loss associated with roles and loved ones. We may become lonelier, or it may be harder to cope with life transitions. This series will provide a basic overview of mental health challenges that older adults may face and some coping strategies and supports that can be used to overcome the stressors contributing to these challenges.

#### Part 1:

In this session, we will look closer at the common mental health challenges older adults face and some of the causes contributing to these challenges.

**Date: Thursday, December 5, 2024**

Time: 12:00 – 1:00 pm

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

#### Part 2:

In the session, we explore helpful strategies and supports that promote mental health wellbeing in older adults.

**Date: Thursday, December 12, 2024**

Time: 12:00 – 1:00 pm

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

### Registration:

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### Participant Feedback:

“Very informative and helpful.”

“This education series is a good idea. I hope it continues for a long time.”

“I like the interactive learning.”



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