

Caregiver Education Team Newsletter

January 2021



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer **FREE** online programming for parents and caregivers of children and youth.

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 Webinars

Mental Health and Resiliency Series

Settling Into Routines:

Making Uncertain Times More Predictable

Tuesday, January 12
12:00 – 1:00 pm

Giving Time and Attention to Our Big Needs

Tuesday, January 19
12:00 – 1:00 pm

Strengthening Connections

With Ourselves, Our Kids, and Our Communities

Tuesday, January 26
12:00 – 1:00 pm

Sleep and Your Family's Mental Health – Part 1

Monday, January 18
12:00 – 1:00 pm

Sleep and Your Family's Mental Health – Part 2

Monday, January 25
12:00 – 1:00 pm

Sessions at a Glance

Caregiver Education Sessions

Breaking the Cycle of Anxiety

A Step by Step Approach
Wednesday, January 13
6:00 – 7:30 pm

Technology and the Teenage Brain

Digital Wellness for Families
Wednesday, January 20
6:00 – 7:30 pm

Building Executive Functioning Skills

Promoting Success in Learning
Wednesday, January 27
6:00 – 7:30 pm

Drop-In Series

Support, Education & Engagement Series (SEEDS)

Creating Positive Experiences Through Play
Thursday, January 14
6:00 – 7:30 pm

Supporting Emotional Growth in Children

Thursday, January 21
6:00 – 7:30 pm

Motivating Through Praise and Rewards

Thursday, January 28
6:00 – 7:30 pm



Mental Health Foundation



Alberta Health Services
Children, Youth & Families Addiction & Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

January 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Breaking the Cycle of Anxiety

A Step By Step Approach

In this session, we will review helpful vs. unhelpful anxiety and discuss strategies for identifying and managing anxiety in children and youth.

Date: Wednesday, January 13, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-12; for adults only.

Technology and the Teenage Brain

Digital Wellness for Families

Take a look at the teen brain and the risks and benefits of technology use. Tips on effective communication and limit setting are also shared.

Date: Wednesday, January 20, 2021

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

Building Executive Functioning Skills

Promoting Success in Learning

Review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Date: Wednesday, January 27, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children 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 for a session, click here or visit:
www.cyfcaregivereducation.ca

Parent Feedback:

“Thank you CYF Caregiver Education for helping us to learn and grow with our children's development.”

“It was an excellent session, very timely.”

“Great energy from you guys, made us feel genuinely supported.”

“I learned a lot and appreciate the resources provided.”



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

January 2021



These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family 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 for a session, **click here** or visit: www.cyfcaregivereducation.ca

Mental Health & Resiliency Series

Settling Into Routines: Making Uncertain Times More Predictable

In this online webinar, explore ways to decrease your family's stress and increase stability through consistent and predictable routines.

Date: Tuesday, January 12, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Giving Time and Attention to Our Big Needs

Strategies for balancing your family's basic needs around nutrition, exercise, sleep, socialization, and technology use are discussed.

Date: Tuesday, January 19, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Strengthening Connections With Ourselves, Our Kids, and Our Communities

We discuss the importance of fostering a healthy parent-child relationship, building a community of support for our child, and taking care of ourselves through it all.

Date: Tuesday, January 26, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Parent Feedback:

"The virtual format is very convenient and makes it much easier to attend these sessions."

"Thank you - this learning journey is so helpful for my growing family."

"These sessions are excellent!"

"I liked the format, especially the interactive part as it keeps you focused."



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

January 2021



These free 60 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. Each topic is presented over two sessions; participants can attend one or both 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 for a session, click [here](#) or visit: www.cyfcaregivereducation.ca

Caregiver Education Sessions

Sleep and Your Family's Mental Health – Part 1

This session will look at the importance of sleep for overall health, what influences the quality of our sleep, the amount of sleep our kids need, the factors that interfere with sleep, and sleep scheduling.

Date: Monday, January 18, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

Sleep and Your Family's Mental Health – Part 2

In this session, we will continue to look at healthy sleep hygiene strategies that can prepare our children for sleep, and we will discuss ways we can set up our child's sleep environment for good quality sleep.

Date: Monday, January 25, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

Parent Feedback:

"Thank you! Just a wealth of great information."

"The time was good and with two presenters it didn't feel boring at all. Great job."

"I like the interactive portions because it helps to connect with other people who are watching."

"Going over tips and strategies helped quite a lot."



Mental Health Foundation



For more information or to register, visit www.cyfcaregivereducation.ca

Drop-in Series

January 2021



These free **Support, Education & Engagement Drop-In Sessions (SEEDS)** are designed to help caregivers explore parenting strategies that support healthy relationships and child development. As part of a 7 session series, parents are welcome to attend one session or join us each week.

SEEDS: Growing Parenting Skills

Creating Positive Experiences Through Play

Join us in a session on how we can develop positive relationships with our children. As one of the most foundational parenting strategies, other strategies are more effective when you discover the connection that can be built through child-directed play.

Date: Thursday, January 14, 2021

Time: 6:00 – 7:30 pm

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

Motivating Your Child Through Praise and Rewards

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach goals.

Date: Thursday, January 21 2021

Time: 6:00 – 7:30 pm

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

Supporting Emotional Growth in Children

This session is designed to help parents learn ways they can support their child's development and relationships through social and emotional coaching.

Date: Thursday, January 28, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children 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.

Please note:

These sessions are for parents / caregivers of children grades K-6.

To register for a session, click here or visit:

www.cyfcaregivereducation.ca

Parent Feedback

"Thanks so much for sharing with us in this session."

"The interactive questions asked to participants were helpful."

"Thank you for another great session. I'm enjoying them so much!"

"The time was just right as I work in the daytime. Thank you so much for providing this support!"



Mental Health Foundation

Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca