

## Caregiver Education Sessions

### Spring Poster – March – June 2017

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth.

### Junior High Jitters: Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? Is your child already in junior high and having difficulties adjusting to the pressures of junior high school? This session will provide information about the developmental changes teens experience, as well as the challenges they may face as they transition into junior high school. The strategies and resources provided will empower you and your child in dealing with the social, emotional and cognitive changes that come in junior high school while also boosting their mental health.

★ **Both parents and pre-peens (Grades 6 – 8) are encouraged to attend this session together.**

**Register for the Junior High Jitters session at:**

<https://www.surveymonkey.com/r/juniorhighwinter2017>

Please see below for dates, times, and locations for this session.

<p><b>Junior High Jitters: Transitioning to the Teenage Years</b></p> <p><b>DATE:</b> Tuesday, March 7, 2017 <b>TIME:</b> 5:00-6:30pm <b>LOCATION:</b> Belgravia School 11605 – 74 Avenue NW, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Pre-Teens (Grades 6 – 8) to attend together.</p>	<p><b>Junior High Jitters: Transitioning to the Teenage Years</b></p> <p><b>DATE:</b> Wednesday, March 15, 2017 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> Westminster School 13712 – 104 Avenue NW, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Pre-Teens (Grades 6 – 8) to attend together.</p>
<p><b>Junior High Jitters: Transitioning to the Teenage Years</b></p> <p><b>DATE:</b> Thursday, March 23, 2017 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> Jackson Heights School 311 Jackson Road NW, Edmonton, AB</p> <p>★ <b>Notes:</b> Parents and Pre-Teens (Grades 6 – 8) to attend together.</p>	<p><b>Junior High Jitters: Transitioning to the Teenage Years</b></p> <p><b>DATE:</b> Tuesday, April 25, 2017 <b>TIME:</b> 6:00-7:30pm <b>LOCATION:</b> St. Benedict Catholic School 75 Alton Drive, <b>Leduc</b>, AB</p> <p>★ <b>Notes:</b> Parents and Pre-Teens (Grades 6 – 8) to attend together.</p>

Please note you will not receive an automatic email confirmation when you register.

Email reminders will be sent out within the week of each session.

Please contact the Education Team with questions or if you need to cancel your registration.

[CYFCaregiverEducation@ahs.ca](mailto:CYFCaregiverEducation@ahs.ca)

780-415-0074

## Caregiver Education Sessions

Spring Poster – March – June 2017



### Supporting Self Regulation in Elementary School Children

(Focus is on kids in Kindergarten – Grade 6)

Do you wish you had more information to help children handle strong emotions? Did you know that self-regulation is an essential element to lifelong success? This session will define self-regulation and how it is used in everyday life. It will provide a helpful review regarding the development of self-regulation in children. The strategies and resources provided will empower and foster caregivers' essential skills to increase children's mental health and resiliency.

**Register for a Self Regulation session at:**  
<https://www.surveymonkey.com/r/selfregwinter2017>

Please see below for dates, times, and locations for this session.

#### Supporting Self Regulation in Elementary School Children

**DATE:** Wednesday, March 8, 2017  
**TIME:** 6:00-7:30pm  
**LOCATION:** Esther Starkman School  
2717 Terwillegar Way NW,  
Edmonton, AB  
**Notes:** This session is for adults only.

#### Supporting Self Regulation in Elementary School Children

**DATE:** Thursday, March 9, 2017  
**TIME:** 6:00-7:30pm  
**LOCATION:** Gold Bar Elementary  
School  
10524 – 46 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

#### Supporting Self Regulation in Elementary School Children

**DATE:** Tuesday, March 21, 2017  
**TIME:** 6:00-7:30pm  
**LOCATION:** Clara Tyner School  
9420 Ottewell Road NW, Edmonton,  
AB  
**Notes:** This session is for adults only.

#### Supporting Self Regulation in Elementary School Children

**DATE:** Wednesday, April 5, 2017  
**TIME:** 6:00-7:30pm  
**LOCATION:** St. Philip School  
8720 – 144 Avenue, Edmonton, AB  
**Notes:** This session is for adults only.

#### Supporting Self Regulation in Elementary School Children

**DATE:** Tuesday, April 11, 2017  
**TIME:** 6:00-7:30pm  
**LOCATION:** Coronation School  
10925 – 139 Street, Edmonton, AB  
**Notes:** This session is for adults only.



#### Supporting Self Regulation in Elementary School Children

**DATE:** Tuesday, April 18, 2017  
**TIME:** 6:00-7:30pm  
**LOCATION:** Callingwood Elementary  
School  
17335 – 76 Avenue, Edmonton, AB  
**Notes:** This session is for adults only.

**Questions? Cancellations? Please contact:**

[CYFCaregiverEducation@ahs.ca](mailto:CYFCaregiverEducation@ahs.ca)

Or 780-415-0074

## Caregiver Education Sessions

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### More than Just a bad Day: Understanding and Supporting Youth with Depression and Self-Injury

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and intentionally injuring themselves. We will explore factors that contribute to depression and the motivation behind self-injurious behavior. Caregivers will learn about treatment options for depression as well as strategies to help support youth who may be engaging in self-injury.

**Register for a Depression / Self-Injury session at:**  
<https://www.surveymonkey.com/r/depressionwinter2017>

Please see below for dates, times, and locations for this session.

#### More than Just a Bad Day: Understanding and Supporting Youth with Depression and Self-Injury

**DATE:** Tuesday, March 14, 2017  
**TIME:** 5:00-6:30pm  
**LOCATION:** Jasper Place High School  
8950 – 163 Street, Edmonton, AB  
**Notes:** This session is for adults only.

#### More than Just a Bad Day: Understanding and Supporting Youth with Depression and Self-Injury

**DATE:** Wednesday, April 12, 2017  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Rosslyn School  
13215 – 113A Street, Edmonton, AB  
**Notes:** This session is for adults only.

#### More than Just a Bad Day: Understanding and Supporting Youth with Depression and Self-Injury

**DATE:** Wednesday, April 26, 2017  
**TIME:** 5:30 – 7:00 pm  
**LOCATION:** HE Beriault School  
8125 – 167 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.



#### More than Just a Bad Day: Understanding and Supporting Youth with Depression and Self-Injury

**DATE:** Thursday, April 27, 2017  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Ecole Avalon Junior High School  
5425 – 114 Street, Edmonton, AB  
**Notes:** This session is for adults only.

Please contact the Education Team with questions or if you need to cancel your registration.

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## Caregiver Education Sessions

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### “ADHD, Bullying and Ostracism – Research and Strategies for Intervention” Presentation by Dr. Lloyd ‘Chip’ Taylor

**Bio:** Dr. Lloyd ‘Chip’ A. Taylor is Professor of Psychology at Citadel, the Military College of South Carolina. He will conduct research, entitled “Knowledge and Resilience as Protective Factors for Bullying and Ostracism among Children and Adolescents with ADHD”, at the University of Calgary. His research explores the relationship between chronic illness in pediatric populations and incidences of ostracism and bullying. He is particularly interested in the risk and resilience factors that might ameliorate bullying and ostracism among children diagnosed with Attention Deficit/Hyperactivity Disorder.

**Objectives:**

1. Review ADHD in the context of childhood development, social and environmental demands, and family systems
2. Discuss current medical approach for treatment and diagnosis
3. Define bullying and ostracism
4. Discuss impact of ADHD on bullying and ostracism
5. Discuss the AFWI as they relate to my research and clinical research



**DATE:** Tuesday, March 21, 2017  
**TIME:** 5:00-6:30pm  
**LOCATION:** St. Anthony’s Centre  
 10425 – 84 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.

Register for this session at:

<https://www.surveymonkey.com/r/ChipADHD2017>

### Supporting Teens with Self-Esteem, Body Image and Eating Issues

The facts can be shocking when it comes to the self-esteem and body image of children and youth. Did you know that 42% of Grade 1-3 girls want to be thinner and 81% of 10 year olds are afraid of being fat? This negative thinking can turn to action as half of teenage girls and a third of teenage boys have used weight control measures. Teenage years can be a stressful time with developmental changes, social pressures and academic demands. This session will help caregivers learn to recognize the warning signs of disordered eating and its impact on a youth’s body image. The strategies provided will empower caregivers to promote a healthy self-esteem and body image in their teens.

Register for this session at:

<https://www.surveymonkey.com/r/eatingwinter2017>



### Supporting Teens with Self-Esteem, Body Image and Eating Issues

**DATE:** Wednesday, March 22, 2017  
**TIME:** 5:00 – 6:30 pm  
**LOCATION:** T.D. Baker Junior High School  
 1750 Millwoods Rd E. NW, Edmonton, AB  
**Notes:** This session is for adults only.

## Caregiver Education Sessions

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### Substance Awareness for Parents and Teens

Come join us for a fun and interactive session to learn about drugs. See what you know about the current drug trends in our community. We will learn about the risk and protective factors related to teen substance use and the power of parents on how to prevent substance use problems amongst teens. Parents will learn about strategies to intervene and support teens on the issue of substance use. Teens will learn the truth about drugs and the impacts on their physical and mental health.

★ **Both parents and teens (grades 7 – 9) are encouraged to attend this session together.**

Register for a Substance Awareness session at:  
<https://www.surveymonkey.com/r/substancewinter2017>

Please see below for dates, times, and locations for this session.

#### Substance Awareness for Parents and Teens

**DATE:** Tuesday, April 4, 2017  
**TIME:** 5:00-6:30pm  
**LOCATION:** Jasper Place High School  
8950 – 163 Street, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 9) to attend together.

#### Substance Awareness for Parents and Teens

**DATE:** Thursday, April 6, 2017  
**TIME:** 6:00-7:30pm  
**LOCATION:** Louis St. Laurent School  
11230 – 43 Avenue, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 9) to attend together.

#### Substance Awareness for Parents and Teens

**DATE:** Wednesday, April 19, 2017  
**TIME:** 5:00-6:30pm  
**LOCATION:** Edith Rogers School  
8308 Millwoods Road NW, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 9) to attend together.

**DRUG  
FREE  
YOUTH**



## Caregiver Education Sessions

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### Test Anxiety: Strategies for Success

Does your teen prepare for a test only to freeze or blank out during the test? Does your teen's anxiety hold them back from their full potential? Test and performance anxiety is very common among students. This session will help teens learn how to succeed in spite of their anxiety and help caregivers support their teens to reduce test anxiety. We will explore what happens when a student experiences test anxiety and provide practical strategies and resources for you and your teens to use to manage anxiety symptoms.

★ **Both parents and teens (grade 7 – 12) are encouraged to attend this session together.**

**Register for a Test Anxiety session at:**

<https://www.surveymonkey.com/r/testanxietspring2017>

Please see below for dates, times, and locations for this session.

#### Test Anxiety: Strategies for Success

**DATE:** Tuesday, May 2, 2017

**TIME:** 6:00-7:30pm

**LOCATION:** Strathcona High School  
10450 – 72 Avenue, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

#### Test Anxiety: Strategies for Success

**DATE:** Thursday, May 4, 2017

**TIME:** 6:00-7:30pm

**LOCATION:** Ecole Avalon Junior High School  
5425 – 114 Street, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

#### Test Anxiety: Strategies for Success

**DATE:** Thursday, May 11, 2017

**TIME:** 6:00-7:30pm

**LOCATION:** Aurora Academic Charter School  
12245 – 131 Street, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

#### Test Anxiety: Strategies for Success

**DATE:** Tuesday, May 16, 2017

**TIME:** 6:00-7:30pm

**LOCATION:** Grandview Heights School  
6225 – 127 Street, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

#### Test Anxiety: Strategies for Success

**DATE:** Tuesday, May 30, 2017

**TIME:** 5:00-6:30pm

**LOCATION:** Jasper Place High School  
8950 – 163 Street, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

#### Test Anxiety: Strategies for Success

**DATE:** Wednesday, June 7, 2017

**TIME:** 5:00-6:30pm

**LOCATION:** Kate Chegwin School  
3119 – 48 Street, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

## Caregiver Education Sessions

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### Keeping Scattered Kids on Track: Supporting Children and Adolescents with Attention Deficit Hyperactivity Disorder (ADHD)

(Focus is on ADHD in Kids/Teens in Kindergarten – Grade 12)

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.

Register for an ADHD session at:

<https://www.surveymonkey.com/r/adhdspring2017>

Please see below for dates, times, and locations for this session.

#### Keeping Scattered Kids on Track

**DATE:** Wednesday, May 3, 2017

**TIME:** 6:00 – 7:30 pm

**LOCATION:** Esther Starkman School  
2717 Terwillegar Way NW, Edmonton, AB

**Notes:** This session is for adults only.

#### Keeping Scattered Kids on Track

**DATE:** Tuesday, May 9, 2017

**TIME:** 6:00 – 7:30 pm

**LOCATION:** St. Benedicts Catholic School  
18015 – 93 Avenue, Edmonton, AB

**Notes:** This session is for adults only.

#### Keeping Scattered Kids on Track

**DATE:** Thursday, May 18, 2017

**TIME:** 5:30 – 7:00 pm

**LOCATION:** Elmwood School  
16325 – 83 Avenue, Edmonton, AB

**Notes:** This session is for adults only.



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## Caregiver Education Sessions

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

Wondering how you'll survive the teen years? Parenting teens is harder than ever for most parents today. In this session you will explore the challenges of being a teenager. You will learn how to establish healthy, respectful boundaries with your teen so that you can spend less time arguing and more time enjoying each other's company.

Register for the Parenting Teens session at:

<https://www.surveymonkey.com/r/21spring2017>

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

**DATE:** Wednesday, May 10, 2017

**TIME:** 5:00 – 6:30 pm

**LOCATION:** Dan Knott Junior High School  
1434 – 80 Street NW, Edmonton, AB

**Notes:** This session is for adults only.



**Register  
Early...space  
is limited!!**

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth.

*"I've learned that people will forget what you said,  
people will forget what you did,  
but people will never forget how you made them feel."  
– Maya Angelou*