Caregiver Education Team Newsletter

December 2022

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

Mindfulness
Benefits for the Whole Family

For adults, and parents and caregivers of children and youth in grades K-12

Part 1:
Tuesday, December 6
12:00 – 1:00 pm

Part 2:
Tuesday, December 13
12:00 – 1:00 pm

Evening Education Sessions

Understanding Autism

For parents and caregivers supporting youth in grades K-12

Wednesday,
December 14
6:00 – 7:30 pm

Participant Feedback
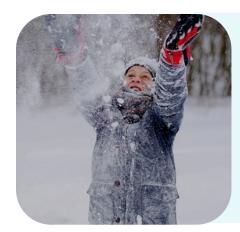
"Love the ease of online sessions! Thank you."

"These sessions are so helpful. I'm grateful that they are put together and available…the time your team has put into these sessions has resulted in excellent, useful content. Thank you."

Sessions at a Glance

Alberta Health Services

AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Sessions

These free sessions are intended to provide parents, caregivers, and community members with information 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.

Mindfulness

Benefits for the Whole Family

In these sessions, we will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in our families.

Part 1: Tuesday, December 6, 2022
Time: 12:00 – 1:00 pm
For adults, and parents and caregivers of children and youth grades K-12; for adults only.

Part 2: Tuesday, December 13, 2022
Time: 12:00 – 1:00 pm
For adults, and parents and caregivers of children and youth grades K-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

Participant Feedback:

"Great session. Lots of info and helpful tips."

"I have attended many of these sessions so far! I have been able to use what I have learned at home…. Also, as a health care professional in my career, helping and using the strategies that I have learned to support the families and children that I work with.

"Lunch hour worked well for me."

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Evening Education Sessions

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.

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Wednesday, December 14, 2022
Time: 6:00 – 7:30 pm
For parents and caregivers of children and youth grades K-9; 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 was a great session. It helped my family talk and understand each other's point of view."

"Thank you for putting this session on."

"All good and helpful, we truly appreciate this."

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