

Caregiver Education Team Newsletter

September 2020



Alberta Health Services,
in collaboration with
The Mental Health Foundation,
is proud to offer FREE online
programming for parents and
caregivers of children and youth.

Caregiver Education Sessions

These 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children/youth. Unless specified, sessions are for an adult audience; however some sessions welcome youth to attend with their caregiver.

See [page 2](#) for current topics, dates, and times.

Lunch & Learn Webinar Series

These 60 minute informational 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.

See [page 3](#) for current topics, dates, and times.

PEAR Groups

The Parent Education and Reflection (P.E.A.R.) Group consists of a series of four 120 minute online interactive group workshops where parents will receive practical information, share parenting tips, practice skills, and participate in group collaboration, reflection, and support. Level I and Level II available.

See [page 4](#) for current dates and times.

SEEDS Drop-In Groups

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90 minute drop-in online interactive and educational workshops designed to help parents/caregivers learn foundational strategies that cultivate healthy relationships, strong child development, and resilient families.

See [page 5](#) for current dates and times.



Visit our website for registration, tip sheets,
videos, and more! www.cyfcaregivereducation.ca



Mental Health Foundation



Caregiver Education Sessions

September 2020



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

Breaking the Cycle of Anxiety: A Step By Step Approach

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

Date: Tuesday, September 15, 2020

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: Tuesday, September 22, 2020

Time: 6:00 – 7:30 pm

Notes: 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: Thursday, September 24, 2020

Time: 6:00 – 7:30 pm

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

Date: Tuesday, September 29, 2020

Time: 6:00 – 7:30 pm

Notes: 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:

“This presentation was loaded with invaluable information and resources! Thank you for helping parents and kids!”

“I can definitely apply this to my own children and classroom. Hope to be a part of more of these!”

“Extremely helpful, realistic advice and suggestions. Thank you!”

Lunch & Learn Webinars

September 2020



These 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.

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: Monday, September 14, 2020

Time: 12:00 – 1:00 pm

Note: This session is 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: Monday, September 21, 2020

Time: 12:00 – 1:00 pm

Note: This session is 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: Monday, September 28, 2020

Time: 12:00 – 1:00 pm

Note: This session is 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! So grateful for all the resources and information!”

“Content, delivery, and duration were all ‘just right!’”

“The information was very good and clear to understand.”

PEAR Groups

September 2020



The PEAR Groups are free online group caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's healthy social and emotional development.

PEAR Groups consist of a series of 4, 120 minute online interactive group workshops and includes Levels 1 and 2. In these groups, parents will receive practical information, share parenting tips, practice skills, and participate in group collaboration, reflection, and support.

PEAR Level 1

In these first 4 sessions, the group focuses on foundational parenting strategies that encourage secure connections, healthy child development, and positive behaviour.

Note: Participants are expected to attend all four sessions.

Wednesdays from 6:00 – 8:00 pm

- September 16 - Connecting Through Presence and Play
- September 23 - Social and Emotional Coaching
- September 30 - Motivating Through Praise and Rewards
- October 7 - Providing Structure / Managing Transitions

PEAR Level 2

In these next 4 sessions, we discuss ways that caregivers can address their child's challenging behaviors by better understanding what their child is communicating and through the use of effective problem solving strategies and disciplining techniques.

Note: Level 2 is open to parents that have completed Level 1.

Wednesdays from 6:00 – 8:00 pm

- October 14 - Managing Meltdowns and Shutdowns
- October 21 - Planned Ignoring
- October 28 - Problem Solving
- November 4 - Effective Consequences

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:

- This group is for parents of children ages 4-12.
- Registration is limited to 25 participants.
- Participants are expected to attend all four sessions

To register for a session, click [here](#) or visit:

www.cyfcaregivereducation.ca

Parent Feedback:

“Thank you for providing guidance and sharing experiences to help understand more strategies. This group helped us a lot!”

SEEDS Drop-In Groups

September 2020



These interactive, educational, drop-in workshops are designed to help caregivers learn foundational strategies that cultivate healthy relationships, strong child development, and resilient families.

Creating Positive Experiences through Play

Are you struggling to understand your child's efforts to communicate? Do you find that your disciplinary efforts are falling flat? Can it feel hard to connect with your child? Join us in a session on how we can develop positive and understanding relationships with our children. As one of the most foundational parenting strategies, you will often find that other strategies are much more effective when you have first discovered the connection that can be built through child-directed play.

Date: Thursday, September 17, 2020

Time: 6:00 – 7:30 pm

Note: This session is for adults only

"Children don't need more things. The best toys a child can have is a parent who gets down on the floor and plays with them."

~ Dr. Bruce Perry

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

"The session was really well run and [the presenters] were really great, open, and supportive."

"It provides really great basic information, tools and strategies to implement and use in everyday life."

Caregiver Education Sessions and Groups

September 2020



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.

Sessions at a Glance:

Caregiver Education Sessions

Breaking the Cycle of Anxiety: A Step by Step Approach
Tuesday, September 15
6:00 – 7:30 pm

Technology and the Teenage Brain: Digital Wellness for Families
Tuesday, September 22
6:00 – 7:30 pm

Building Executive Functioning Skills: Supporting Success in Learning
Thursday, September 24 or
Tuesday, September 29
6:00 - 7:30 pm

PEAR Parenting Group

Connecting Through Presence and Play
Wednesday, September 16
6:00 – 8:00 pm

Social and Emotional Coaching
Wednesday, September 23
6:00 – 8:00 pm

Motivating Through Praise and Rewards
Wednesday, September 30
6:00 – 8:00 pm

*Registrations are limited.
Register by Monday, Sep 14.

SEEDS Drop-In Sessions

Creating Positive Experiences through Play:
Thursday, September 17
6:00 – 7:30 pm

Lunch & Learn Webinars

Mental Health and Resiliency Series

Settling Into Routines: Making Uncertain Times More Predictable
Monday, September 14
12:00 – 1:00 pm

Giving Time and Attention to our Big Needs
Monday, September 21
12:00 – 1:00 pm

Strengthening Connections With Ourselves, our Kids, and our Communities
Monday, September 28
12:00 – 1:00 pm