

# Caregiver Education Team Newsletter

December 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

#### Sleep and Your Family's Mental Health

Wednesday, December 2 or  
Thursday, December 10  
6:00 – 7:30 pm

#### Breaking the Cycle of Anxiety

A Step by Step Approach  
Wednesday, December 9  
6:00 – 7:30 pm

### SEEDS Sessions

#### Using Praise and Rewards to Promote Self-Confidence

Thursday, December 3  
6:00 – 7:30 pm

### Lunch & Learn Webinars

#### Anxiety Part 2: Calming Our Bodies

Monday, November 30  
12:00 – 1:00 pm

#### Anxiety Part 3: Settling Our Minds

Monday, December 7  
12:00 – 1:00 pm

#### Anxiety Part 4: Overcoming Avoidance

Monday, December 14  
12:00 – 1:00 pm

These free 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.

### Parent Feedback:

"Great session, thank you! I appreciated the specific tips, ideas, and guidance."

"Length was good. I enjoyed the various forms of delivery."

To register for a session, click [here](#) or visit:  
[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)



Mental Health Foundation



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

# Caregiver Education Sessions

December 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.

## 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](http://www.cyfcaregivereducation.ca)

## 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, December 9, 2020**

Time: 6:00 – 7:30 pm

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

## Sleep and Your Family's Mental Health

Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and strategies to promote healthier sleep habits for your whole family.

**Date: Wednesday, December 2, 2020**

Time: 6:00 – 7:30 pm

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

**Date: Thursday, December 10, 2020**

Time: 6:00 – 7:30 pm

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

## Parent Feedback:

"Very helpful, informative, and resourceful ideas that I can implement right away."

"I felt it was presented very well. Perfect amount of time and covered each topic just enough. Love the information we received after, it was very helpful."

"Wonderful, professional, informative, thank you!"



Mental Health Foundation



Children, Youth &  
Families Addiction  
& Mental Health

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

# Lunch & Learn Webinars

December 2020



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.

## Anxiety Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers and ways caregivers can help their child to notice and begin to regulate their own stress responses.

**Date: Monday, November 30, 2020**

Time: 12:00 – 1:00 pm

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

## Anxiety Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thinking and thinking traps that can hold our children back. Strategies for addressing worries and encouraging realistic thinking will be discussed.

**Date: Monday, December 7, 2020**

Time: 12:00 – 1:00 pm

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

## Anxiety Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills.

**Date: Monday, December 14, 2020**

Time: 12:00 – 1:00 pm

Note: For caregivers of children 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 for a session, click here or visit:**

**[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)**

## Parent Feedback:

"I thought the delivery, time, and length were all great."

"Thank you for sharing your knowledge and time. I learned so much."

"Like the interactive activities. Great information, thank you!"

"I find these [sessions] are great reminders to be positive when it is so easy to be negative."



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Families Addiction  
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# SEEDS: Growing Parenting Skills

December 2020



These free **Support, Education & Engagement Drop-In Sessions** are designed to help caregivers learn foundational strategies that cultivate healthy relationships, strong child development, and resilient families.

## 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 personal goals. The use of these strategies has been linked to increased motivation, relationship satisfaction, and self-confidence.

**Date: Thursday, December 3, 2020**

Time: 6:00 – 7:30 pm

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

“Help your kids create a life that feels good on the inside, not just one that looks good on the outside.”

~ Unknown

## 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](http://www.cyfcaregivereducation.ca)**

## Parent Feedback

“I am encouraging my friends to look on your website. Thank you so much for providing these supports!”

“I ended up liking the virtual delivery more than I thought. I liked typing in my responses to questions.”

“The method of engagement was very effective. This made me feel heard. Very gentle, open, inclusive.”



Mental Health Foundation

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

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