

# Caregiver Education Team Newsletter

September 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.

## Drop-In Series

### Understanding Anxiety

**Part 1: An Introduction**  
Wednesday, September 15  
6:00 – 7:30 pm

**Part 2: Calming Our Bodies**  
Wednesday, September 22  
6:00 – 7:30 pm

**Part 3: Settling Our Minds**  
Wednesday, September 29  
6:00 – 7:30 pm

### Mental Health and Resiliency

**Settling Into Routines**  
Thursday, September 16, 2021  
6:00 – 7:30 pm

**Giving Time and Attention to Our Big Needs**  
Thursday, September 23, 2021  
6:00 – 7:30 pm

**Strengthening Connections with Ourselves, Our Kids, and Our Communities**  
Thursday, September 30, 2021  
6:00 – 7:30 pm

## Sessions at a Glance

### Lunch & Learn Webinars

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

**Part 1:**  
Wednesday, September 15  
12:00 – 1:00 pm

**Part 2:**  
Wednesday, September 22  
12:00 – 1:00 pm

**More than Just a Bad Day: Understanding Depression in Adolescents**  
Tuesday, September 28  
12:00 – 1:00 pm

### Caregiver Education Sessions

**Building Executive Functioning Skills: Promoting Success in Learning**  
Tuesday, September 14  
6:00 – 7:30 pm

**Technology and the Teenage Brain: Digital Wellness for Families**  
Monday, September 27  
6:00 – 7:30 pm



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

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

# Caregiver Education Sessions

September 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.

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

## 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: Tuesday, September 14, 2021**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-6 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: Monday, September 27, 2021**

Time: 6:00 – 7:30 pm

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

### Parent Feedback:

“Really enjoyed it, love the mix of the teaching, participation, videos and all the strategies.”

“The seminar was amazing, thank you very much I really appreciated it.”

“[The session] was great! I feel much better about my teen already. Thank you.”



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# Lunch & Learn Webinars

September 2021



These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented over two sessions, participants can attend one or both sessions.

## Sleep and Your Family's Mental Health

These sessions will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

### Part 1 – Wednesday, September 15, 2021

Time: 12:00 – 1:00 pm

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

### Part 2 – Wednesday, September 22, 2021

Time: 12:00 – 1:00 pm

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

## More than Just a Bad Day: Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

### Date: Tuesday, September 28, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; 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:

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## Parent Feedback:

“I feel like I now have a lot of tools and the understanding to use them. Awesome job. Thank you.”

“Found the teachings were easily understood and hit on key factors that parents struggle with. Love it.”

“Well done. We've really enjoyed these classes.”

“Keep up with the great sessions!”



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# Drop-in Series

September 2021

## Understanding Anxiety

These free 90 minute webinars are for parents/caregivers who are looking to better understand anxiety and how it may affect their child or teen. Strategies will be discussed for helping children and teens to cope through the anxiety in their bodies, minds, and behaviours. Participants are welcome to attend single sessions or the full 4-week series.

## Anxiety – Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety.

**Date: Wednesday, September 15, 2021**

Time: 6:00 – 7:30 pm

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

## 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: Wednesday, September 22, 2021**

Time: 6:00 – 7:30 pm

Notes: 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: Wednesday, September 29, 2021**

Time: 6:00 – 7:30 pm

Notes: 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, click [HERE](#) or go to:

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## Parent Feedback

“Great information and presenters! Thank you!”

“[The presenters] were very organized, professional, to the point...thank you so much.”

“I really appreciated this session and I am looking forward to the second part. I think it is very well done.”

“Loved it! Great information. Loved the videos and the activities.”



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# Drop-in Series

September 2021

## Mental Health and Resiliency Series

This FREE parenting program is for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these 90-minute introductory-level information sessions, you will learn strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. As part of a 7-session series, parents are welcome to attend one session or join us each week.

## Settling Into Routines

### Making Uncertain Times More Predictable

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

**Date: Thursday, September 16, 2021**

Time: 6:00 – 7:30 pm

Notes: 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: Thursday, September 23, 2021**

Time: 6:00 – 7:30 pm

Notes: 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: Thursday, September 30, 2021**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children 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:

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## Parent Feedback

"You present the material in a way that is easy to understand and unpack."

"Liked this session and will keep on watching in the future!"

"Today's topic provided a lot of information!"

"I think that what is provided is absolutely wonderful. I enjoy the sessions so much. Thank you."



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