

Caregiver Education Team Newsletter

November 2025



Recovery Alberta 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.

November Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and teens.

**Part 1:
An Introduction**
Monday, November 3
12:00 – 1:00 pm

**Part 2:
Calming Our Bodies**
Monday, November 10
12:00 – 1:00 pm

**Part 3:
Settling Our Minds**
Monday, November 17
12:00 – 1:00 pm

**Part 4:
Overcoming Avoidance**
Monday, November 24
12:00 – 1:00 pm

December Education Sessions

More than Just a Bad Day *Understanding Depression*

For adults supporting their own wellness or the wellness of a loved one.

Monday, December 1
12:00 – 1:00 pm

Resilience through Connecting, Caring, and Coping

For adults supporting their own wellness or the wellness of a loved one.

Monday, December 8
12:00 – 1:00 pm

Participant Feedback

“Thank you! Just a wealth of great information.”

“The time was good and with two presenters it didn’t feel boring at all. Great job.”



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca

November Education Sessions

Fall 2025

These free adult sessions are intended to provide community members with information and strategies 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.

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

Date: Monday, November 3, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Monday, November 10, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Monday, November 17, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will discuss ways to manage stressful situations in steps and effective coping skills.

Date: Monday, November 24, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of 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

Participant Feedback

"Great energy from you guys, made us feel genuinely supported."

"I learned a lot and appreciate the resources provided."



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Participant Feedback

“The virtual format is very convenient and makes it much easier to attend these sessions.”



More than Just a Bad Day Understanding Depression

In this session, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Monday, December 1, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

Resilience through Connecting, Caring, and Coping

Resiliency is something we want, but how do we foster it? Join us for this webinar where we look at stress and burnout, the power of resilience in getting through the ‘tough stuff’, and how self-compassion and self-care are essential to our well-being. We will discuss strategies for building our own personal supportive networks and inner coping skills to strengthen our ability to ‘bounce back’.

Date: Monday, December 8, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.



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