

Caregiver Education Team Newsletter

September 2024



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.

Adult Education Sessions

Wellness Exchange Series

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

Part 1: Problem Solving
Wednesday, September 11
6:00 – 7:30 pm

Part 2: Positive Activities
Wednesday, September 25
6:00 – 7:30 pm

Parts 3, 4 & 5 to be offered in October and November

Caregiver Education Sessions

Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6

Part 1:
Tuesday, September 17
12:00 – 1:00 pm

Part 2:
Tuesday, September 24
12:00 – 1:00 pm

Participant Feedback:

“Very easy to understand and follow. Respectful, easy to open up with. [The facilitators] both seem genuinely interested in helping others.”

“Session leads were great. The info shared was VERY helpful.”

“This was an excellent session...Really liked the simplicity and practicality of the session. Much appreciated.”

“Keep these courses coming.”

Sessions at a Glance



Professional Practice & Education Services
Addiction & Mental Health
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

September 2024



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. When topics are presented as a series, participants can attend one or all sessions.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Increasing Wellness Deposits

In this one-hour Lunch & Learn webinar, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

Date: Tuesday, September 17

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6, for adults only.

Part 2: Reducing Wellness Withdrawals

In this one-hour Lunch & Learn webinar, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

Date: Tuesday, September 24

Time: 12:00 – 1:00 pm

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

www.cyfcaregivereducation.ca

Participant Feedback:

"...videos/talking/examples was a good mix. Appreciate the virtual format for time management and enjoy that you ask for audience participation."

"The presenters are fabulous!"

"Love the time slot...Amazed at what can be covered in one hour. Appreciate these sessions."

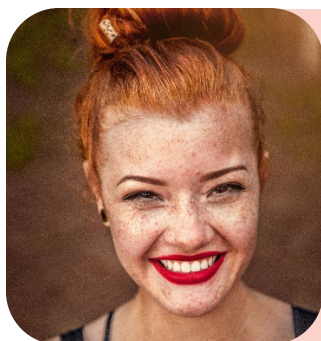


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Adult Education Sessions

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Wellness Exchange is a series of skill-building workshops that are modelled after the evidence-informed disaster recovery intervention found in *Skills for Psychological Recovery (SPR)*, applying the same action-oriented approach to non-disaster situations such as managing life's daily stressors.

Wellness Exchange Series

The goal of Wellness Exchange Workshops is to help increase our ability to cope with change, build resilience, and improve our overall well-being. Skills are taught in a **series of 5 different workshops**, each workshop focusing on a new skill.

Participants are welcome to join one or more sessions in the series.

Session 1: Problem Solving

In this session, we will practice problem-solving skills that help us clearly define our problems and look at a variety of possible solutions, address the entire situation and influence what we can, and increase our confidence in the decisions we make.

Date: Wednesday, September 11, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

Session 2: Positive Activities

In this session, we will consider and plan for regular positive activities that help us feel more connected to ourselves, our values, and others, increase our sense of hope, meaning, and purpose, and improve our physical and emotional health.

Date: Wednesday, September 25, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness.

Parts 3,4 & 5 to be offered in October and November

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

Wellness Exchange workshops are not group therapy, nor are they a substitute for the advice of a qualified health professional. The material is intended for general information only and is provided on an “as is”, “where is” basis. Although reasonable efforts were made to confirm that accuracy of the information, Alberta Health Services does not make any representation or warranty, express implied or statutory, as to the accuracy, reliability, completeness, applicability, or fitness for a particular purpose of such information. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.



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