

Caregiver Education Team Newsletter

October 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 4: Overcoming Avoidance
Wednesday, October 6
6:00 – 7:30 pm

Mental Health and Resiliency

Positive Communication That Promotes Growth
Thursday, October 7
6:00 – 7:30 pm

Calming Our Bodies and Minds
Thursday, October 14
6:00 – 7:30 pm

Resilient Mindsets
Thursday, October 21
6:00 – 7:30 pm

Collaborative Problem Solving
Thursday, October 28
6:00 – 7:30 pm

Lunch & Learns

Parenting Strategies that Promote Positive Mental Health

Part 1:
Tuesday, October 12
12:00 – 1:00 pm

Part 2:
Wednesday, October 20
12:00 – 1:00 pm

Understanding Self-Injury
Tuesday, October 26
12:00 – 1:00 pm

SEEDS Series

Creating Positive Experiences Through Play
Wednesday, October 13
6:00 – 7:30 pm

Supporting Emotional Growth in Children
Wednesday, October 20
6:00 – 7:30 pm

Motivating Your Child Through Praise and Reward
Wednesday, October 27
6:00 – 7:30 pm

Sessions at a Glance

Caregiver Education Sessions

Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD
Monday, October 4
6:00 – 7:30 pm

Resilience in Parenting
Caring for the Caregiver
Monday, October 18
6:00 – 7:30 pm

Substance Use
A Harm Reduction Approach
Monday, October 25
6:00 – 7:30 pm



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions



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.

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

Attention deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self-worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.

Date: Monday, October 4, 2021

Time: 6:00 – 7:30 pm

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

Resilience in Parenting Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

Date: Monday, October 18, 2021

Time: 6:00 – 7:30 pm

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

Substance Use A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances used by youth, the spectrum of use, and the science behind addiction. Discover the basic principles of harm reduction and why it is beneficial for those who use substances. Learn strategies to support youth who may be using substances through courageous conversations and harm reduction strategies.

Date: Monday, October 25, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of youth grades 7-12; for adults only.

October 2021

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

Parent Feedback:

“I loved how interactive it was. Ideas of other participants sparked things in me that I had not thought of.”

“The facilitators did a fantastic job keeping the information engaging, especially in a virtual setting.”

“The session time was great and being able to add our info in as the session was progressing made me feel connected. I am not the only one dealing with some of these issue.”



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

October 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.

Parenting Strategies that Promote Positive Mental Health

In this two part series, we will 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

Date: Tuesday, October 12, 2021

Time: 12:00 – 1:00 pm

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

Part 2

Date: Wednesday, October 20, 2021

Time: 12:00 – 1:00 pm

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

Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Tuesday, October 26, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of youth in grades 7-12; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

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Parent Feedback:

“Great session, lots of helpful tools and inspiration. Thanks!”

“I appreciate every session. Hope we can get more chances [to get] more information in the future. Thank you!

“Thank you for continuing to provide helpful information and education during this different times.”



Mental Health Foundation



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Drop-in Series

October 2021

Anxiety: Overcoming Avoidance

In this final session of our fall anxiety series, 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: Wednesday, October 6, 2021

Time: 6:00 – 7:30 pm

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

SEEDS Growing Parenting Skills

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

Creating Positive Experiences Through Play

Join us in a session on how we can develop positive relationships with our children. As one of the most foundational parenting strategies, other strategies are more effective when you discover the connection that can be built through child-directed play.

Date: Wednesday, October 13, 2021

Time: 6:00 – 7:30 pm

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

Supporting Emotional Growth in Children

This session is designed to help parents learn ways they can support their child's development and relationships through social and emotional coaching.

Date: Wednesday, October 20, 2021

Time: 6:00 – 7:30 pm

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

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 goals.

Date: Wednesday, October 27, 2021

Time: 6:00 – 7:30 pm

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

Registration

Sessions are offered online through the Zoom conferencing application.

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Parent Feedback

"The delivery method was mindful of confidentiality and was conducted in a respectful and interactive manner. Well done!"

"Thank you! The duration was perfect and the content was extremely helpful!"

"The presenters immediately read out the messages and tied it to the topics. This made me feel heard and I thought it created a safe space to share ideas."



For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

October 2021

Mental Health and Resiliency Series

We continue in this free parenting series 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 multi-session series, parents are welcome to attend one session or join us each week.

Positive Communication That Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and encourage our child to engage with others in positive ways that foster resilience.

Date: Thursday, October 7, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children and youth in grades K-9; for adults only.

Calming Our Bodies and Minds

In this online session, we will discuss the ways that our bodies and minds respond to stress and learn strategies for equipping our children to regain a sense of calm and control in the midst of life's stressors.

Date: Thursday, October 14, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children and youth in grades K-9; for adults only.

Resilient Mindsets

In this online session, we will look at specific behaviours and habits that parents can encourage in the home to develop a more positive mindset in their child for reducing stress, increasing empathy, and equipping our child to tackle new challenges.

Date: Thursday, October 21, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children and youth in grades K-9; for adults only.

Collaborative Problem Solving

In this online session, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

Date: Thursday, October 28, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children and youth in grades K-9; for adults only.

Registration

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Parent Feedback

"Both presenters were engaging and informative. It flowed well by having the questions separate at the end."

"I always learn a lot from the sessions, to practice and to share the knowledge with my friends and students..."

"A lot of things were new and very interesting...in terms of my understanding and implementation."



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