

Caregiver Education Team Newsletter

June 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

SEEDS: Growing Parenting Skills

Managing Meltdowns and Shutdowns

Wednesday, June 2
6:00 – 7:30 pm

Helping Our Kids Figure Things Out

Wednesday, June 9
6:00 – 7:30 pm

Effective Consequences

Wednesday, June 16
6:00 – 7:30 pm

Anxiety Part 1: An Introduction

Thursday, June 3
6:00 – 7:30 pm

Anxiety Part 2: Calming Our Bodies

Thursday, June 10
6:00 – 7:30 pm

Anxiety Part 3: Settling Our Minds

Thursday, June 17
6:00 – 7:30 pm

Anxiety Part 4: Overcoming Avoidance

Thursday, June 24
6:00 – 7:30 pm

Sessions at a Glance

Lunch & Learn Webinars

Mindfulness: Benefits for the Whole Family

Part 1 – Monday, May 31
12:00 – 1:00 pm

Part 2 – Monday, June 7
12:00 – 1:00 pm

Parenting Teens in the 21st Century

Part 1 - Wednesday, June 2
12:00 – 1:00 pm

Part 2 – Wednesday, June 9
12:00 – 1:00 pm

Sleep and Your Family's Mental Health – Part 1

Part 1 – Monday, June 14
12:00 – 1:00 pm

Part 2 – Monday, June 21
12:00 – 1:00 pm

Caregiver Education Sessions

Supporting Self-Regulation in Elementary School Children

Tuesday, June 1
6:00 – 7:30 pm

Technology and the Teenage Brain

Digital Wellness for Families
Tuesday, June 8
6:00 – 7:30 pm

More Than Just a Bad Day: Understanding Depression and Self-Injury in Youth

Tuesday, June 15
6:00 – 7:30 pm



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

June 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.

Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotions? This session will look at the development of self-regulation in children.

Date: Tuesday, June 1, 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: Tuesday, June 8, 2021

Time: 6:00 – 7:30 pm

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

More Than Just a Bad Day: Understanding and Supporting Depression and Self-Injury in Youth

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. Strategies for support will be discussed.

Date: Tuesday, June 15, 2021

Time: 6:00 – 7:30 pm

Note: 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:

www.cyfcaregivereducation.ca

Parent Feedback:

“The time, length, ways or presenting, and speakers all are excellent. Thank you so much.”

“It was helpful and beneficial to include attendees for their input throughout the session.”

“Love these sessions as a parent and teacher... highly recommended.”



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For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

June 2021

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. Participants are welcome to register for single sessions or the full series.

Mindfulness

Benefits for the Whole Family

These sessions will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

Part 1 – Monday, May 31, 2021

Time: 12:00 – 1:00 pm

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

Part 2 – Monday, June 7, 2021

Time: 12:00 – 1:00 pm

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

Parenting Teens in the 21st Century

Respectful Limit Setting with Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1 - Wednesday, June 2, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades 7-12; for adults only.

Part 1 - Wednesday, June 9, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades 7-12; for adults only.

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 - Monday, June 14, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Monday, June 21, 2021

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

www.cyfcaregivereducation.ca

Parent Feedback:

"I like going online, I appreciated that I was anonymous, not everyone could see us. The team spoke clearly and got to the point. Very good session."

"The duration of the session was perfect, made it easier to attend and everything was covered in a comprehensive manner."

"So grateful for the work you put into these teachings!"



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Drop-in Series

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

SEEDS: Growing Parenting Skills

Managing Meltdowns and Shutdowns

This session is designed to help parents understand the brain science behind a child's meltdowns and shutdowns and strategies we can use to help regulate our minds and bodies.

Date: Wednesday, June 2, 2021

Time: 6:00 – 7:30 pm

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

Helping Our Kids Figure Things Out

Do you find that your child struggles to find solutions when problems arise? This session will show you some simple steps for breaking down problems and finding solutions with your children.

Date: Wednesday, June 9, 2021

Time: 6:00 – 7:30 pm

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

Effective Consequences

In this session, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

Date: Wednesday, June 16, 2021

Time: 6:00 – 7:30 pm

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

June 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.

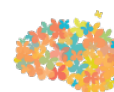
To register, click [HERE](#) or go to:

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Parent Feedback

“This was great! Lots of ideas and will be using these in our family.”

” I just wanted to say that I love that these sessions are available virtually. I was speaking with a friend yesterday and we expressed what a great option this is for busy families...”



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

June 2021

Anxiety Series

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. In this four-part series, we will look at the difference between helpful and unhelpful stress and anxiety and discuss strategies for identifying and managing anxiety in children and youth. Participants are welcome to register for single sessions or the full 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: Thursday, June 3, 2021

Time: 6:00 – 7:30 pm

Note: 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: Thursday, June 10, 2021

Time: 6:00 – 7:30 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: Thursday, June 17, 2021

Time: 6:00 – 7:30 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: Thursday, June 24, 2021

Time: 6:00 – 7:30 pm

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

Registration

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Parent Feedback

“Well presented, informative, and positive. We can incorporate the strategies right away. Thank you.”

“Thanks for facilitating all these webinars ...the skills I am learning and practicing had brought so much peace to our family dynamics.”

“It was very nice to learn how to be positive during this pandemic regarding raising children.”



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