

Caregiver Education Team Newsletter

March 2022



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.

Caregiver Education Sessions

6:00 – 7:30 pm

Understanding Autism

Monday, March 7

Substance Use: A Harm Reduction Approach

Wednesday, March 9

Test Anxiety: Strategies for Success

Monday, March 14

More than Just a Bad Day: Understanding Depression and Self-Injury

Wednesday, March 16

Mindfulness: Benefits for the Whole Family

Monday, March 21

Lunch & Learns 12:00 – 1:00 pm

Understanding Anxiety Series

Part 4: Overcoming Avoidance

Wednesday, March 2

Part 1: An Introduction

Wednesday, March 9

Part 2: Calming Our Bodies

Wednesday, March 16

Part 3: Settling Our Minds

Wednesday, March 23

Parenting Strategies that Promote Positive Mental Health

Part 1: Tuesday, March 1

Part 2: Tuesday, March 8

Parenting Teens in the 21st Century

Part 1: Tuesday, March 15

Part 2: Tuesday, March 22

Sessions at a Glance

Drop-In Series

6:00 – 7:30 pm

SEEDS Parenting Series

Creating Positive Experiences Through Play

Thursday, March 3

Supporting Emotional Growth in Children

Thursday, March 10

Motivating Your Child Through Praise and Rewards

Thursday, March 17

Supporting Your Child with Structure and Routine

Thursday, March 24



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

March 2022



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.

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Monday, March 7, 2022

Time: 6:00 – 7:30 pm

For caregivers of children/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: Wednesday, March 9, 2022

Time: 6:00 – 7:30 pm

For caregivers and youth grades 7-12 to attend together.

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 format you provided honoured adult learners need to be active participants as well as people's privacy...Great job presenters!”

“This was well done, good information, relevant strategies and nice delivery.”

“Excellent session, well organized, interactive and informative...fabulous!”



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Test Anxiety

Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Monday, March 14, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers and teens (grades 7-12) to attend together.

More than Just a Bad Day

Understanding Depression and Self-Injury

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: Wednesday, March 16, 2022

Time: 6:00 – 7:30 pm

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

Mindfulness

Benefits for the Whole Family

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

Date: Monday, March 21, 2022

Time: 6:00 – 7:30 pm

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

Parent Feedback:

“I enjoyed the session and both speakers were very well spoken and I enjoyed listening to them.”

“I thought the presentation was very positive and overall loved how [the topic] was spoken about.”

“Very insightful and helpful. I am leaving with new tools for success in my classroom.”



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Lunch & Learn Webinars

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 as a series, sessions, participants can attend one or all sessions.

Understanding Anxiety Series

These sessions will help caregivers better understand the difference between their child's normal worries and anxiety that is no longer productive. Signs that a child or adolescent is experiencing problems with anxiety will be discussed and strategies for reducing the body's stress responses, negative thinking traps, and anxious behaviours will be shared.

This month, we conclude our previous series with Part 4 on Overcoming Avoidance and begin the series again with Part 1, our introduction to anxiety in children and youth.

Part 4: Overcoming Avoidance

Date: Wednesday, March 2, 2022

Time: 12:00 – 1:00 pm

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

Part 1: An Introduction

Date: Wednesday, March 9, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Calming Our Bodies

Date: Wednesday, March 16, 2022

Time: 12:00 – 1:00 pm

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

Part 3: Settling Our Minds

Date: Wednesday, March 23, 2022

Time: 12:00 – 1:00 pm

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

March 2022

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 appreciate the ease of it all. Even if I am 'too busy' to sit, I can listen in and participate when I can.”

“Timing was perfect as the one hour was easy to do without distractions. Able to absorb and maintain more information with the breakdown. Thank you for keeping it useful and interesting!”



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Addiction & Mental Health

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Lunch & Learn Webinars

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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 as a series, sessions, 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: Tuesday, March 1, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Tuesday, March 8, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; 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: Tuesday, March 15, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Tuesday, March 22, 2022

Time: 12:00 – 1:00 pm

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

Registration:

Sessions are offered online through the Zoom conferencing application.

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Parent Feedback:

“Thank you for putting the webinars together!”

“The presenters are very knowledgeable and compassionate. Good work.”

“The presenters are very professional and very engaging. It takes a lot of skill to keep an audience engaged virtually and all the presenters I have seen continue to do this”.



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Drop-in Series

March 2022

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: Thursday, March 3, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children 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: Thursday, March 10, 2022

Time: 6:00 – 7:30 pm

Note: 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:

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Parent Feedback

“Thanks for the extra time you answered our questions.”

“This session was interactive and focused on the intended objectives. Given examples and suggestions were very relevant. The length of the session was appropriate.”

“Thank you for an accessible and informative webinar.”



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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: Thursday, March 17, 2022

Time: 6:00 – 7:30 pm

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

Supporting Your Child with Structure and Routine

Providing structure and routine is one of the most effective means of promoting healthy development in our children. Learn how to use these strategies in your home and how to assist your child in daily transitions.

Date: Thursday, March 24, 2022

Time: 6:00 – 7:30 pm

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

Registration

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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

“Lovely course! I’m really enjoying these courses and their online format.”

“I always gain new insights and tools to use with my child. Thank you!”

“Thank you so very much for all the wonderful resources. I am so glad I registered!”



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