

Caregiver Education Team Newsletter

Summer 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.

Lunch & Learn Webinars

Parenting Strategies that Promote Positive Mental Health

Part 1

Tuesday, July 13
12:00 – 1:00 pm

Part 2

Wednesday, July 21
12:00 – 1:00 pm

Parenting Teens in the 21st Century

Respectful Limit Setting with Adolescents

Part 1

Tuesday, August 10
12:00 – 1:00 pm

Part 2

Tuesday, August 17
12:00 – 1:00 pm

Sessions at a Glance

Caregiver Education Sessions

Supporting Self-Regulation in Elementary School Children

Wednesday, July 14
6:00 – 7:30 pm

Getting Ready for School *Supporting Kids Through Change*

Wednesday, August 11
6:00 – 7:30 pm

Junior-High Jitters *Transitioning to the Teenage Years*

Wednesday, August 18
6:00 – 7:30 pm

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:

“Thank you for these sessions; they came at a good time and I feel more confident moving forward.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

Summer 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.

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

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: Wednesday, July 14, 2021

Time: 6:00 – 7:30 pm

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

Getting Ready for School

Supporting Kids Through Change

Transitions, such going back to school, can be really challenging for both kids and caregivers - change can be a time of stress for anyone! In this presentation, we will discuss why these transitions are so challenging, and what caregivers can do to make them go more smoothly.

Date: Wednesday, August 11

Time: 6:00 – 7:30 pm

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

Junior-High Jitters

Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. Strategies for managing these changes and boosting wellness will be discussed.

Date: Wednesday, August 18, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers & pre-teens (grades 6-8) to attend together.

Parent Feedback:

“Very well done. The presenters are knowledgeable and engaging. I love the resources provided. Thank you!”

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

“Length and time is just right. We really appreciate your webinars.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

Summer 2021



These free 60 minute webinars are for parents & caregivers who are looking to strengthen their child's or youth's ability to thrive through life's challenges and increase and family wellness. Participants are welcome to register one or both sessions of each series.

Parenting Strategies that Promote Positive Mental Health

In these sessions, 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 – Tuesday, July 13, 2021

Time: 12:00 – 1:00 pm

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

Part 2 – Wednesday, July 21, 2021

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 look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1 – Tuesday, August 10, 2021

Time: 12:00 – 1:00 pm

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

Part 2 – Tuesday, August 17, 2021

Time: 12:00 – 1:00 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:

“This kind of webinar - it's a big help.”

“Presenters and attendees sharing personal experiences and tips are helpful.”

“The session was great. I am looking forward to part 2...it made me take a step back and look at life through our teen's eyes/brain.”



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca