

# Caregiver Education Team Newsletter

January 2023



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.

## Caregiver Education Sessions

### Sleep and Your Family's Mental Health

For adults, and parents and caregivers of children and youth in grades K-12

#### Part 1:

#### The Importance of Good Sleep Hygiene

Wednesday, January 18  
12:00 – 1:00 pm

#### Part 2:

#### Setting the Stage for Good Sleep

Tuesday, January 25  
12:00 – 1:00 pm

### Body Image and Eating Disorders

For parents and caregivers supporting adults or teens (Grades 7-12)

Wednesday, January 25  
6:00 – 7:30 pm

## Adult Education Sessions

### Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and youth.

#### Part 1:

#### An Introduction

Tuesday, January 17  
12:00 – 1:00 pm

#### Part 2:

#### Calming Our Bodies

Tuesday, January 24  
12:00 – 1:00 pm

#### Part 3:

#### Settling Our Minds

Tuesday, January 31  
12:00 – 1:00 pm

## Participant Feedback:

"The speakers were easy to listen to and understand, the content was relevant, helpful and immediately applicable."

"You are providing important information. Thank you!"

## Sessions at a Glance



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions

January 2023



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.

## 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](http://www.cyfcaregivereducation.ca)

## 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: The Importance of Good Sleep Hygiene

**Date: Wednesday, January 18, 2023**

Time: 12:00 – 1:00 pm

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

Part 2: Setting the Stage for Good Sleep

**Date: Wednesday, January 25, 2023**

Time: 12:00 – 1:00 pm

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

## Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

**Date: Wednesday, January 25, 2023**

Time: 6:00 – 7:30 pm

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

## Participant Feedback:

“Thank you, this learning journey is so helpful for my growing family.”

“I really appreciated that we could participate within the session. All helpful information!”

“This was such informative content supported with charts, videos, concrete & helpful ideas to support parents & caregivers”.

# Adult Education Sessions

January 2023



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

## Understanding Anxiety Series

### Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

**Date: Tuesday, January 17, 2023**

Time: 12:00 – 1:00 pm

Note: For adults only.

### Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

**Date: Tuesday, January 24, 2023**

Time: 12:00 – 1:00 pm

Note: For adults only.

### Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

**Date: Tuesday, January 31, 2023**

Time: 12:00 – 1:00 pm

Note: 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](http://www.cyfcaregivereducation.ca)

## Participant Feedback:

“The virtual format is very convenient and makes it much easier to attend these sessions.”

“I liked the session format, especially the interactive part as it keeps you focused.”

“Length and time of presentation as well as content is great. The session was educative, interactive, and easy to practice at home. Keep up the good work.”