

Community Education Service August/September 2017

Our summer hiatus is over and we're gearing up for a busy Fall



[Drug Free Kids Canada](#)
launches a national campaign
to help parents talk to kids
about cannabis

CES sessions are **FREE and OPEN TO ALL ADULTS** (unless otherwise indicated)

Limited childcare is available for morning sessions held at the Alberta Children's Hospital.
Please call 403 955 2500 at least 3 days prior to the session to reserve a spot.

Follow us on  @CES_AHS

Chemicals: The Good, The Bad and Our Health



Ryan Beissel, Risk Communication and Public Involvement Officer, Environmental Health Program, Health Canada

Thursday August 24

6:30 pm - 8:30 pm

Alberta Children's Hospital
B2-200 (2nd floor)

2888 Shaganappi Trail NW, **Calgary**

Friday August 25

10:30 am - 12:30 pm

Shawnessy Public Library

333 Shawville Blvd SE, **Calgary**

Should you aim to live a life without chemicals? Are all chemicals harmful? In fact, chemicals are part of everyday life, essential to our economy, our communities and our homes. While chemicals provide benefits, they may also have harmful effects on your family's health and mental health if not properly managed. Come and learn practical tips and strategies you can use to create a healthy home for you and your family.

Identifying Learning Strengths through Psychoeducational Assessment



Brent MacDonald, Ph.D., Lead Psychologist,
complexlearners.com

Thursday September 7

11:00 am - 12:30 pm

Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, **Calgary**

Many students struggle with school for a wide range of reasons – it's too hard, it's not challenging enough, it's too boring, it moves too fast...In any event, these issues can present at almost any age or grade and can cause parents and teachers a great deal of concern. A good psychoeducational assessment can, and should, help caregivers (including parents and teachers) better understand the specific pattern of strengths and challenges experienced by children and young adults. As adults, we tend to have an intuitive sense of our strengths, and we capitalize on these. We also tend to avoid engaging in areas in which we may not be as strong. In the school environment, students may not have this ability to choose, resulting in frustration, anxiety, and disengagement. This presentation will highlight the value of a good psychoeducational assessment in relation to enhancing the performance of students, with an emphasis on capitalizing on strengths. A particular focus on gifted students will be emphasized, as this model can work for a wide range of students.

WEBINAR ONLY



Rage Age: How to Reach and Connect with Angry Adolescent Girls

Ana Schlosser, M.S., R, Psych (*p). LPC

Tuesday September 12

6:30 pm - 8:30 pm (Calgary time)

Aggressive angry adolescent girls are an increasing fallacy of female empowerment in our schools requiring intensive services and monopolizing crucial amounts of time by school staff. Gain insight and understanding of their provocative, self-destructive and conflicting behavior. Learn how to be a champion and create a dream team for these girls within your setting. Gain and practice tools on how to relate to and intervene with this hard to reach population to help them develop into resilient, competent young women.

"Changing Roles": Successful Strategies for Promoting Independence for Individuals with Autism in the Transition to Adulthood Part 1



Thursday, September 14
6:30 pm - 8:30 pm
The Ability Hub
300, 3820 - 24 Ave NW, **Calgary**

Treena Gower Foster, Society for Treatment of Autism & Keelin Mckiernan, Ready, Willing, and Able

We will share strategies to help your son or daughter navigate the transition to adulthood including post-secondary school/training and employment. Topics include:

- Post-secondary/Vocational Training/Employment programs
- Addressing disclosure
- Breaking down potential barriers, including anxiety
- The parents' changing role
- Promoting independence in your son or daughter
- Ready, Willing and Able
- Community Resources and more.....

Juno House™ presents:



Healthy Brains = Healthy Children

Andrea Halwas, BA, MFA, PhD, REACE, Registered Expressive Arts Therapy Consultant, Associate Therapist & Educational Coordinator at Juno House

Tuesday September 19
10:30 am - 12:30 pm
Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, **Calgary**

Before High School graduation, one third of adolescent girls will experience depression, anxiety disorders, self harm or an eating disorder. At Juno House juno-house.ca we believe in the extraordinary healing power of parents and caregivers. We believe that you can learn all of the skills that you need to become your teen's emotional coach. We believe that talking does not grow neurons; experience grows neurons. We will share steps and strategies from the Juno House Therapeutic Model that will give you effective emotional coaching tools for your children as they develop through adolescence and into young adulthood. You will learn about :

- Neuroscience and the developing brain,
- Brain integration of the left and right brain,
- How anxiety develops,
- The background of emotions and how to understand them in your child,
- The five emotional coaching steps,
- Strategies to help guide your adolescent through the challenges they will face in their academic, peer, and emotional environments.

**Can One Story Change Everything?
How Early Childhood Experiences Impact
Child Development, Addiction and Mental Health
throughout Life**



Tuesday September 19
7:00 pm - 9:00 pm
Western Canada High School
641 17 Ave SW, **Calgary**

Nancy Mannix, JD, Chair and Patron of the Palix Foundation

Open to everyone - parents, teachers and students alike

Brain health is determined by more than just our genes. Learn how early experiences get built into our brains and bodies and what the AFWI is doing to support research into early brain development, mental health and addiction and how they are educating everyone about the science of brain development and its impact on lifelong health.

Music Therapy and Early Childhood



Development:

Sarah Van Peteghen, MTA, BMT and Marc Houde MAT, MMT

Wednesday September 20

10:00 am - 11:30 am

Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, **Calgary**

The purpose of this session will be to educate participants on the benefits of using music in early childhood. The presenters will also give an overview of how the development of infants and toddlers is promoted through music therapy interventions.

Identifying Youth at Risk of Psychosis



Kali Brummitt, Research Coordinator, Mathison
Centre for Mental Health Research & Education

Thursday September 21

11:00 am - 12:30 pm

Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, **Calgary**

Participants can expect to learn what clinical high risk of psychosis is, as well as what we know about conversion to psychosis. They will learn about symptoms that help identify young people at risk for psychosis. Finally, they will learn about our research group, how our projects might be helpful to them and their clients and how to refer to our program.

Street Drugs



Det. Collin Harris, Drug Unit, Calgary Police Service

Thursday September 21

6:30 pm - 8:30 pm

South Health Campus Auditorium A
4448 Front Street SE, **Calgary**

This presentation will address common street drugs in the City of Calgary and its surrounding communities, their use and symptoms of use. Myths surrounding certain substances and the various other substances that are found within illicit drugs will also be discussed.

"Please get my Child off the Couch": Successful Strategies for Promoting Independence and Self-Advocacy within Individuals with Autism Part 2



Treena Gower Foster, Society for Treatment of Autism & Keelin Mckiernan, Ready, Willing, and Able

Thursday, September 21

6:30 pm - 8:30 pm

The Ability Hub
300, 3820 - 24 Ave NW, **Calgary**

We will share strategies to increase your son or daughter's motivation to become independent in all aspects of life including daily living, post-secondary school or training, and employment. Topics discussed will include:

- Independence
- Self-advocacy
- The parents' changing role
- Using reinforcement to increase motivation
- Community Resources and more.....

Emotion Regulation in Children and Youth: The Parental Role

Cheri Woolsley, Registered Psychologist, Inspired Minds Wellness

Tuesday September 26

6:30 pm - 8:30 pm

Robert Thirsk High School (may change)
8777 Nose Hill Dr N W, **Calgary**

Parents are instrumental in teaching their children/youth how to identify and subsequently manage their emotional experiences. This role becomes more challenging if your child/ren tend to have heightened, intense emotions on a regular basis. This presentation will assist parents in developing techniques that will allow them to effectively manage their own emotional responses when tending to their child/ren reactions, and teach them strategies to help their children/youth when they are experiencing these emotions.

In this presentation you will learn:

- about vulnerability factors and their impact on emotions
- the importance of validation and how to use it
- how thoughts contribute to experiencing prolonged emotions
- mindfulness skills to help quiet their mind and reduce emotional intensity/duration
- effective communicate strategies

Fostering Academic Resilience in Elementary and Middle School Children

Dr. Mitchell Colp (Prov.) R. Psych &
Michelle Deen, M. Ed., R. Psych

Wednesday September 27

6:30 pm - 8:30 pm

West Ridge School
8903 Wentworth Av SW, **Calgary**

For children to be successful in school, they must be resilient to the challenges that appear in their daily lives. Many researchers explore how resilience is important to the functioning of children who survive significant life traumas, but often neglect the everyday stressors that impact the majority of children in our schools and communities. Academic resilience can be described as the ability to overcome situational barriers or stressors that appear in life to achieve academically in school. In this talk, we will identify the components that make children academically resilient and outline the ways that parents and teachers can foster it in their homes and classrooms.

Creating a Culture of Respect for LGBTQ People

Chelsea Kelba, BHsc., Training Coordinator at the
Calgary Sexual Health Centre

Thursday September 28

11:00 am - 12:30 pm

Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, **Calgary**

Building on the anti-homophobia work that Calgary Sexual Health Centre has been doing since the 1990s, this workshop defines and examines the differences between sex, gender, and sexual orientation. We discuss the root causes of homophobia, biphobia, transphobia, and heterosexism, while looking at both media messaging and our culturally constructed views of gender and the impact this can have on clients and coworkers. Participants will leave with practical strategies for creating a safer, more inclusive and respectful work environment. They will also learn about additional community resources and referrals.

Childhood Anxiety: Symptoms, Treatments, and Prevention Strategies

Joel Roos MA, R. Psych., Clinical Director,
Clinical Director, Cultivate

Thursday September 28

6:30 pm - 8:00 pm

Our Lady of the Evergreens School
322 Everridge Dr SW, **Calgary**

Participants can expect to learn:

- symptoms of anxiety and anxiety disorders and common presentations for children
- evidenced-based treatment strategies for treating anxiety
- review of emerging practices and research related to prevention and mental wellness.

Teen Series

These sessions are promoted by the Community Education Service in partnership with South Calgary Health Centre, AHS Women's Health Resources Outreach and Shawnessy Library.

Register as you would for a CES session: <http://fcrc.ahs.ca/ces/>

Sept 12 - [Anxiety and Teens](#) - Learn strategies to help your teen deal with anxiety.
East Calgary Health Centre, Room 2285, 4715 8 Ave SE

Sept 14 - [Connecting with your Teen](#) - Learn how to increase your influence when having difficult conversations with your teen.
South Calgary Health Centre Rm 1001, 31 Sunpark Plaza SE (Please enter by the North entrance)

Sept 19 - [Raising Financially Fit Teens](#) - Learn how to raise financially responsible youth, including paying for post-secondary education, moving out, and other valuable financial tips.
Forest Lawn Library 4807 8 Ave SE

Sept 21 - [Videogames & Youth](#) - Discover the impact video games have on the emotional wellbeing of youth and their families.
South Calgary Health Centre Rm 1001, 31 Sunpark Plaza SE (Please enter by the North entrance)

Sept 26 - [Social Media & Teens](#) - Learn which social media apps teens are using today as well as the ways in which they are used.
Forest Lawn Library 4807 8 Ave SE

Sept 28 - [Helping Teens Diagnosed with ADD/ADHD Part 1](#) - Discover strategies and skills for parents and caregivers of teens with ADD and ADHD.
Shawnessy Library 300-333 Shawville Blvd SE

RECORDED SESSIONS

The following are prerecorded sessions and are presented in the Windows Media Video (WMV) format or MP4.

Click on titles for poster.

[Eating Disorders, Body Image & Youth](#)

In this interactive workshop, you will learn positive strategies to help youth develop a healthy body image, without focusing on weight. We will address risk factors, protective factors, and approaches to prevention and intervention for youth issues with body image, weight bias, and eating disorders. This workshop is recommended for parents, teachers, and other allied adults who work with youth.

Available until September 30, 2017

[Oral Health in the Early Years](#)

Community Oral Health, Alberta Health Services has developed a video called 'Oral Health in the Early Years' Alberta Health Services recognizes the importance of oral health. Babies teeth are a very important part of their overall health and development. This presentation will teach caregivers about children's oral health in the preschool years.

Available until September 1, 2017

[High Conflict Custody and Access/Parenting Disputes and Their Potential Impact on Children from the Perspective of Children's Counsel](#)

This session will present observations about High-Conflict Parenting disputes, why they are difficult to resolve, the nature of the individuals involved, how different professional groups perceive the disputes and the potential impact of these disputes on children.

Available until September 1, 2017

To register for these sessions, click [here](#)

CES is always looking for new partnerships and presenters!
Please [contact us](#) should you be interested in sharing your expertise as it relates to child and youth health and emotional well-being.

If you are interested in any of the studies below, please contact the program directly.

What does your brain look like? Come find out!

We are looking for healthy kids aged 6-7 years for our research study involving an MRI scan and neuropsychological (math and language) assessments at the Alberta Children's Hospital. It takes ~3 hours, and we provide a picture of your brain, \$30, and parking reimbursement.

If you are interested, please contact Bryce Geeraert:
blgeerae@ucalgary.ca, 403-874-2050.

PARTICIPANTS NEEDED: YOUTH MENTAL HEALTH STUDY

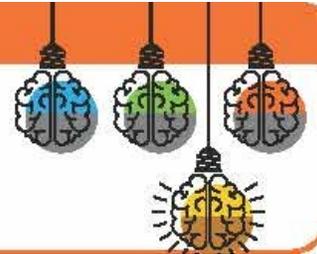
- Are you between the ages of 12 and 30?
- Concerned about recent changes in your **thoughts, behavior or experiences?** OR
- Have a **parent or sibling with psychosis** and **experiencing trouble** at work, school or in friendships

403.210.8740 or naps@ucalgary.ca

This study has been approved by the Conjoint Health Research Ethics board Ethics ID: REB14-1271



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE



Help Us Understand the Effects of Alcohol on a Child's Brain!

PARTICIPATE IN THIS CUTTING-EDGE RESEARCH STUDY AT THE ALBERTA CHILDREN'S



Who are we looking

- Children 3-6 years old who were exposed to alcohol during pregnancy



What to expect?

- Cognitive and behavioral assessment
- Magnetic resonance imaging (MRI) scan



Benefits

- Summary of your child's cognitive & behavioral function
- A picture of your child's brain
- Toy for your child
- Reimbursement of travel costs

If you are interested in participating, contact Camilia at brainmri@ucalgary.ca or 403.955.5548.

For more information, please visit:
<http://www.developmentalneuroimaginglab.ca>



This study was approved by
The University of Calgary
Conjoint Health Research Ethics Board

HOW TO REGISTER

Public

To attend in person:

- First time? **Create an account:** <http://community.hmhc.ca/registration/>, then register.
- Already have an account? Register: <http://community.hmhc.ca/login/>
- OR call (403) 955-4747 for assistance if you **do not have** computer.

To attend via Telehealth TH (aka video-conference) / Audio Line:

Only those sessions marked with the icons above are available as TH or audioline. Click on these icons on the website for more information.

To view a Recorded session or Webinar :

- **Create an account:** <http://community.hmhc.ca/registration/>, then register.
- Already have an account? Register: <http://community.hmhc.ca/sessions/?p=online>

Telehealth/Video-Conference/Audioline bookings must be made 7 days prior to the session date.

AHS Employees

To attend in person:

- First time? **Create an account:** <http://community.hmhc.ca/registration/>, then register.
- Already have an account? Register: <http://community.hmhc.ca/login/>

To attend via Telehealth TH (aka video-conference) / Audio Line:

Only those sessions marked with the icons above are available as TH or audioline. Click on these icons on the website for more information.

Step 1: Book your site using scheduler link below:

<https://vcscheduler.ca/schedule20/calendar/calendar.aspx?ID=1268>

Step 2: Once site has been confirmed, register for the session here:

<http://community.hmhc.ca/login/>

To view a Recorded session or Webinar :

- **Create an account:** <http://community.hmhc.ca/registration/>
- Already have an account? Register: <http://community.hmhc.ca/sessions/?p=online>

All sessions are Level 1 unless otherwise indicated.

Courses with low registration may be cancelled.

Attendance Certificates are not available for TH, Audioline or Webinar sessions

It is recommended to use your confirmation email you received when registering as proof of registration and also a copy of the handout if one was provided.

PLEASE NOTE: