



Alberta **Children's** Hospital

Community Education Service October 2017



CANNABIS TALK KIT
KNOW HOW TO TALK WITH YOUR TEEN

#cannabis



[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

Monday October 2

6:30 PM - 8:30 PM

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

[ADHD is Awesome!](#) 🧠

[ADHD is Awesome!](#) 📱

ADHD is often thought of in terms of its symptoms and associated problems. Unfortunately, a deficit-based approach, focusing on what is wrong, can be very impairing for children and their families. However, there are so many positive qualities of ADHD that need to be celebrated! In this session, you will learn about why ADHD is awesome and the assets children with ADHD possess. Importantly, you will also learn how to help children learn to embrace their awesomeness and boost them to success.

Thursday October 5

7:00 PM – 9:00 PM

Scenic Acres School
50 Scurfield Way NW, Calgary

[Little Worry Warts: The Anxious Child](#) 🧠

Participants will learn about what anxiety is (including various anxiety disorders) and how to recognize anxiety in their children, as well as gaining an understanding of its possible origins. Most importantly, they will acquire knowledge of

strategies to help reduce their children's anxiety and its associated behaviours, and when and how to seek professional help.

Wednesday October 11**10:00 AM – 11:30 PM**

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

[Fentanyl](#) 🗣️ 📺 📞

Sgt. Andrew Critchley of the Calgary Police Service Crime Prevention Team will present on the issue of fentanyl awareness, touch on the historical issues of opiate usage and offer preventative advice, while highlighting recent changes to legislation.

Thursday October 12**WEBINAR only****10:00 AM Calgary time**

Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, Calgary

[The New Guidelines on Screen Time for Preschool-Aged Children: The Importance of Interaction in Early Language Acquisition](#) 📱

In a world where 'screen time' is rapidly increasing, how we interact with our children is changing. We will present the revised guidelines on digital media use from the American Academy of Pediatrics (released in October 2016) with a focus on the impacts of screen time on the development of language in the preschool years.

Thursday October 12**6:30 PM - 9:00 PM**

Foothills Academy Society
641 17 Ave SW, Calgary

[The Centre for ADHD Awareness Canada \(CADDAC\) Presents - The Impact of ADHD on Learning](#) 🗣️

Have you wondered why children with ADHD struggle in the school environment? While ADHD is not a learning disability ADHD can significantly impact a student's ability to learn and impair their academic achievement. Research on general academic outcomes will be reviewed during this presentation as well as the impact of ADHD symptoms on classroom functioning, typical presentations of ADHD symptoms seen in the classroom and some that may be commonly overlooked will be covered. Typical executive functioning impairments and other cognitive deficits will be discussed in detail. Key elements to assisting your child find success at school will also be covered.

Saturday October 14

10 AM – noon

Alberta Children's Hospital
641 17 Ave SW, Calgary
2888 Shaganappi Trail NW, Calgary

[Teens Talk Transition Workshop](#) 🧑🏻‍🤝‍🧑🏻

Teens Talk Transition is a free 4-week program designed to support teens with a long term health condition in learning medical management and self-advocacy skills. This program aims to help teens learn to balance priorities, set goals and create action plans, communicate effectively with both their healthcare team and personal supports, and develop problem-solving skills. These skills are particularly important for teens as they prepare to transition from pediatric to adult healthcare services.

Teens Talk Transition will be held on 4 consecutive Saturdays – October 14, 2017 to November 4, 2017 from 10:00 a.m. to 12:00 p.m. at Alberta Children's Hospital.

For more information or to register contact Deb at 403-955-7252.

Monday October 16

6:30 PM – 8:00 PM

Hull Services – Social Room
2266 Woodpark Ave SW, Calgary

[Identifying Youth at Risk of Psychosis](#) 🧑🏻‍🤝‍🧑🏻

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.

Tuesday October 17**7:00 PM - 8:30 PM**

École Good Shepherd School
52 Robinson Drive, Okotoks

[Childhood Anxiety: Symptoms, Treatments, and Prevention Strategies](#) 🧠

Participants can expect to learn:

- symptoms of anxiety and anxiety disorders and common presentations for children aged 5-12
 - evidenced-based treatment strategies for treating anxiety
 - review of emerging practices and research related to prevention and mental wellness
-

Thursday October 19**6:30 PM - 8:30 PM**

Ability Hub
3820 24th Ave NW, Calgary

[Disability Tax Credit and RDSP Workshop](#) 🧠**[Disability Tax Credit and RDSP Workshop](#)** 📄

The RDSP is a program for those that qualify for the Disability Tax Credit and are under the age of 60. There is up to \$70,000 in grants and \$20,000 in bonds that can be collected until their 49th year. Come get all your questions answered about the Disability Tax Credit and Registered Disability Savings Plan.

Thursday October 19**7:00 PM - 9:00 PM**

Western Canada High School
641 17 Ave SW, Calgary

[Marijuana and the Developing Brain](#) 🧠

We live in two worlds...the external materialistic world and the internal psychic one which regulates our self-esteem...the external world is planning to legalize marijuana in July 2018 and the internal world needs to be well informed about the possible risks of using marijuana in pursuing a quick fix, new sensations and relief from despair if we want to avoid addictions and psychotic experiences.

This talk will look at the risks of marijuana to the developing brain, pregnant moms and those with mental health disorders in addition to the risks for driving and combining with meds or alcohol. Finally, the importance of strict regulation, marketing and distribution will be suggested if we want to prevent unnecessary suffering.

Open to everyone 15yrs +

Monday October 23

6:30 PM – 8:30 PM

Family Connections Parent Link
520 78th Ave NW, Calgary

Sibling Rivalry 🧑🏻‍🧑🏻

Is it really possible to reduce the rivalry between our children? This workshop covers, reducing anger between siblings, encouraging cooperation and support, looking at the role we play as parents, and when and how to intervene consciously.

Tuesday October 24

5:00 PM – 6:00 PM

Bowness Parent Link
7930 Bowness Road NW, Calgary

INTRODUCTION to MEND (Mind, Exercise, Nutrition, Do it!): A healthy lifestyle program for children 7-13yrs old 🧑🏻‍🧑🏻

MEND is a FREE healthy-lifestyle program designed for three specific age groups: 2-4, 5-7 and 7-13, who are at risk of, or are above a healthy weight, and their families. MEND's goals are to empower children and families to become fitter, healthier and happier!

You will learn about:

- Healthy eating and mealtime habits
- How to read food labels
- What serving sizes look like
- Building self-esteem

- Healthy growth
- Behaviour change strategies
- Positive parenting
- Active play

Learn how to make healthier lifestyle choices for your entire family. Check out MEND!

Wednesday October 25

6:30 PM – 9:30 PM

South Health Campus 4448 Front Street SE, Calgary

[Little Warriors: Prevent It! Taking Action to Stop Child Sexual Abuse](#) 🐾

The Prevent It! Taking Action to Stop Child Sexual Abuse workshop was developed by researchers in the department of Psychiatry at the University of Alberta, utilizing leading scientific evidence.

The workshop is useful for parents, professionals and organizations that are:

- Interested in learning how to protect the children in their lives
- Seeking training for staff and volunteers in the prevention of child sexual abuse

After the workshop participants will feel empowered and be informed about child sexual abuse, healthy sexual development and how to reduce the risk of sexual abuse as responsible adults and organizations.

Thursday October 26

11:00 AM – 12:30 PM

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW, Calgary

[Domestic Violence](#) 🐾 📺 📞

Participants will learn what domestic violence is and the cycle of violence, how the police respond and what to expect.

Advice will be given on who to contact if you or someone you know are in a domestic violence relationship along with information on court orders to help protect you and your family. The session will conclude with a Q&A with a member of the CPS.

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://community.hmhc.ca>

Tuesday October 3

6:30 PM - 8:00 PM

Forest Lawn Library

4807 - 8 Avenue SE, Calgary

Gangs & Teens 🐾

Join us for an information session about teens and gang prevention. Detective Da Silva-Spence will lead a discussion on gang prevention, organized crime, current settings and trends in Calgary.

Thursday October 5

6:30 PM - 8:00 PM

Shawnessy Library

Shawville Blvd SE, Calgary

Social Media & Teens 🐾

Learn which social media apps teens are using today as well as the ways in which they are used.

RECORDED SESSIONS



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

Click on titles for poster

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

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.

Available until: December 31, 2017 - 3:00 PM

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

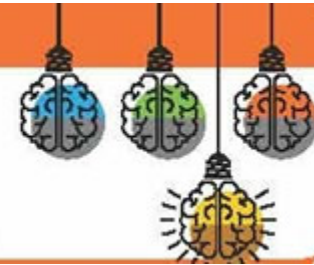
This study has been approved by the Conjoint Health Research Ethics Board ethics ID: R8B14-12.71.



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE



THE MATHISON CENTRE
for Mental Health Research & Education



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>

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.
It is recommended not to bring children to CES sessions, unless indicated otherwise
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.