



Community Education Service

November 2017 Newsletter



NOVEMBER 20, 2017

CES is pleased to offer registration for:

National Child Day Panel:

Creating Safe and Caring Environments for Children and Youth

Wednesday, November 15, 2017

10:30am -12:30pm

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW, Calgary

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

Thursday 2 November

6:30 PM – 8:00 PM

Monsignor J.J. O'Brien School
99 Bridlewood Road SW, Calgary

Positive Parenting: Boundaries, Modelling and Emotion Coaching 🐾

Participants can expect to learn:

- How different parenting styles can have an impact on the behaviours of children.
- What boundaries are and practical uses of them in parenting, especially via modelling.
- How emotional moments can be coached toward healthy boundaries.

Monday November 6

10:00 AM – 11:30 AM

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

Labyrinths in Health and Healing: The Use of the Labyrinth Form in Promoting Holistic Health 🐾



Monday November 6

6:30 PM – 8:00 PM

Alberta Children's Hospital
B2-200 (2nd floor)
2888 Shaganappi Trail NW, Calgary

Labyrinths in Health and Healing: The Use of the Labyrinth Form in Promoting Holistic Health 🐾

Participants can expect to:

- Gain knowledge in the history of the labyrinth form and its use in Schools, Community, and Mental Health.
- Experience practical 'hands on' exercises that can help with coping and stress reduction.
- Learn about the work of Jim Buchanan in hospitals and communities in Scotland, England, USA and Canada in the design and development of therapeutic strategies using the labyrinth form.
- Learn about available resources in Calgary and Area.

**PLEASE
NOTE:**

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.

Tuesday November 7

11:00 AM – 12:30 PM

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

Obsessive-Compulsive Disorder (OCD) in Children and Adolescents 🧩📺📞

OCD occurs in 1 to 2% of the population and symptoms most often emerge in childhood or adolescence. OCD can cause considerable dysfunction at home and at school, yet is frequently under-diagnosed and under-treated. At Alberta Children's Hospital we have developed a multi-disciplinary program which provides evidence-based and family-centred care.

In this presentation you will learn about:

- 1) How to recognize symptom of OCD and distinguish it from other common childhood disorders
- 2) Evidence-based treatments including cognitive-behavioural therapy and medication, and
- 3) New research into better understanding causes and treatments of OCD.

Tuesday November 7

6:30 PM – 8:30 PM

Alberta Children's Hospital
B2-200 (2nd floor)
2888 Shaganappi Trail NW, Calgary

Understanding ADHD and Strategies that Work 🧩

The session will be an overview of ADHD and how issues with impulsivity and/or inattention impact children's ability to manage their environments. The session will also explore the impact ADHD has on Executive Functioning and how it relates to managing everyday tasks, and meeting daily expectations at home and at school, including social, emotional, behavioural and academic demands.

Tuesday November 7

6:30 PM – 8:30 PM

Bert Church High School
1010 East Lake Blvd, Airdrie

Understanding Mindfulness 🧩

This session will outline/discuss the main content in the MindUP program, how understanding the brain can improve self-regulation and the science behind neuroplasticity. Using a hands on approach this session will teach skills related to these concepts using mindfulness. This session will discuss how the brain influences thinking, emotions and behaviors. Improved self-regulation can lead to better focus in school, better cooperation with others and improved self-awareness and self-control.

Wednesday November 8

10:00 AM – 11:30 AM

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW, Calgary

Boys and Girls Learn Differently: How Gender Differences Influence Learning and Behaviour



The author of Raising Boys in a New Kind of World presents how gender differences have a profound influence on learning and behaviour. Boys' brains and girls' brains develop and operate very differently. Current brain research has revealed fascinating differences between the way males and females think and communicate. The implications for teaching and raising boys and girls are profound. Teachers and parents of both genders will benefit from this entertaining and enlightening workshop.

Thursday November 9

6:30 PM – 8:00 PM

South Health Campus

4448 Front Street SE, Calgary

Not falling through the cracks - How Psychoeducational Assessments can help Foster

Success! 

Does your child struggle in a mainstream classroom? Are you concerned that your child may be anxious, overwhelmed or inattentive at school? Does your child struggle to understand new academic concepts or lessons? Do you think your child needs extra support to achieve academic or social success? If you can relate to any of these questions, please join the presenters to explore when a psychoeducational assessment may be warranted for your child. Within the current session, presenters will provide parents and supports with an overview of how psychoeducational assessments can be helpful in identifying a child's strengths, areas of difficulty, and learning style, as well as help caregivers learn how to advocate through the educational system and community supports to foster growth and success.

Wednesday November 15

10:30 AM – 12:30 PM

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW, Calgary

National Child Day 2017: Creating Safe and Caring Environments for Children and Youth



Supporting children's rights is a key factor in improving their quality of life despite our abundant resources, many children and youth in Alberta face poverty, bullying, discrimination, poor mental health outcomes and abuse. A community that promotes and invests in healthy childhood development, free from these adversities, raises healthier and more engaged citizens.

Join us to learn more about:

1. The current state of services for young people in Alberta and Canada and plans to create

- a Canadian Children's Charter and enact a federal Commissioner for Children and Youth.
2. The United Nations Conventions on the Rights of the Child and how celebrating National Child Day, and raising rights awareness can enhance your work.
 3. How you can support children and youth to be safe, healthy and engaged citizens in your daily work.

Wednesday November 15

Simon Fraser Junior High
5215 - 33 Street NW, Calgary

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.

Monday November 20

6:30 PM – 8:30 PM
Family Connections Parent Link Huntington Hills
520 78th Ave NW, Calgary

Understanding and Resolving Power Struggles Respectfully 🧑‍🤝‍🧑

This class explores the common causes of power struggles, and strategies to reduce the frequency and intensity of them.

Tuesday November 21

11:00 AM – 12:30 PM
Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, Calgary

Circle of Security Parenting- Building Secure Attachment 🧑‍🤝‍🧑👶👶

The Circle of Security Parenting Program answers these and many other parenting questions. It is an attachment based early intervention program designed to enhance attachment security between parents and children.

Tuesday November 21

6:30 PM - 8:30 PM
Mitford School
110 Quigley Drive, Cochrane

Healthy Relationships: How parents can help their children create positive and healthy relationships 🧑‍🤝‍🧑

This presentation will focus on how parents can help children develop positive healthy relationships in their lives. Healthy relationships among youth are key to fostering positive social-emotional development, as well as preventing bullying and other relationship problems. The qualities of a healthy relationship will be outlined. Strategies to help parents talk about relationships and promote healthy and positive relationships will be provided. The

purpose of this presentation is to empower parents to have meaningful conversations with their children to build the parent-child relationship, as well as provide strategies that parents can use to help their children develop healthy relationships with other adults and their peers.

Tuesday November 21

6:30 PM - 8:30 PM

East Lake School

325 Kinniburgh Blvd, Chestermere

Understanding Childhood Stress and Anxiety 🧠

A discussion on anxiety and stress in children; what it is, what it may look like, and how you can help your child. How to use strategies such as mindfulness and relaxation with your child as well as resources that can support caregivers and their children.

Thursday November 23

11:00 AM – 12:30 PM

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW, Calgary

Let's Talk About: Typical Speech and Language Development (2 to 5 years) 🗣️👂👁️

Typical speech and language development for two to five year olds will be presented, as well as when and how to seek help. There are many misunderstandings of what 'typical' speech and language development looks like in preschool-aged children. We will set the record straight and discuss when to refer, and how the 'wait and see' approach often may not be appropriate.

Thursday November 23

6:30 PM - 8:30 PM

Ability Hub

3820 24th Ave NW, Calgary

What's next after High School for your Child with Autism Spectrum Disorder? What's possible - What's practical 🧠

What's next after High School for your Child with Autism Spectrum Disorder? What's possible - What's practical 📅

Graduating from high school is a major milestone and an opportunity for young people and their parents to celebrate this achievement. For some families living with autism it can also be a scary time, as thoughts turn to "what's next?" Many young adults want to get a job after high school or pursue further education and training - but some individuals are simply not ready yet. Going to college or getting a job can be a big step at 18, especially if adolescents don't have all the skills yet to be successful. What options are available to keep emerging adults on the autism spectrum socially and intellectually engaged while they are preparing for the next step in the journey to adulthood (continued education, employment and independent living)?

Tuesday November 28

6:30 PM - 8:30 PM

Rundle College

7375 17th Avenue SW, Calgary

How fast can the treadmill go? Helping families and students endure daily stressors 🧑‍🚀

Anxiety and stress are very real daily stressors for more and more families. Rising expectations and continually expanding curriculums leave students faced with a blizzard of options. To help parents proactively face these very pressing and potentially destructive issues, Dr. Nieman will describe the trend of socially and academically stressed teens, and offer tools and strategies to increase resilience, thus helping families better understand, manage and support their child's anxiety.

Dr. Nieman authored *Moving Forward: The Power of Consistent Choices in Everyday Life*

Wednesday November 29

6:30 PM - 8:00 PM

Aspen Family and Community Network

Suite 200, 2609-15th Street NE, Calgary

It Takes a Community - Supports for Opportunity Youth including Family Finding, Community Support Homes, and Mentorship Based Employment 🧑‍🚀

Accessing treatment, reunifying with family members, and transitioning to adulthood are complex and challenging life events that are difficult for youth to navigate alone. Come and learn about the unique challenges as well as the programs and services available to help strengthen and enrich the lives of youth who have been in care and youth who are accessing treatment programs. Hear about how you can contribute to the growing body of individuals in the community who are helping address these issues alongside our youth.

Thursday November 30

6:30 PM - 8:00 PM

WEBINAR ONLY 🗒

Laugh Until it Helps: Building Resilience through Humour and Laughter

In helping children be more resilient, the goal is not to deny the reality of their struggles but rather to recognize areas of special need & help them gain insight into their talents and inner strengths. Knowing how to face up to & answer tough questions, connect with people in ways that are helpful, & deal with frustration with creativity, imagination & even humour are all ways we can teach children to become more independent & enjoy success in school & in the community.

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.

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 and qualify for ACSW B Level credits.