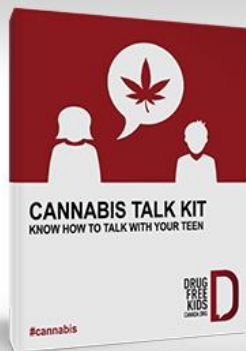




# Community Education Service

December 2017 Newsletter



**TALKING  
CANNABIS  
WITH YOUR TEEN  
CAN BE LEARNED.**

CES is pleased to offer registration for:

Marijuana and the Developing Adolescent Brain: What Parents Need  
to Know as Canada is Moving Towards Legalization

Wednesday, December 6 2017

6:30pm - 8:30pm

Alberta Children's Hospital

B2-200 (2nd 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.



## 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.

### Wednesday December 6

**6:30 PM – 8:00 PM**

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

Marijuana and the Developing Adolescent Brain: What Parents Need to Know as Canada is Moving Towards Legalization 🧠

In 2016 the Canadian Centre for Substance Abuse (CCSA) undertook a research project with youth across Canada to better understand why youth are using marijuana, what are their misconceptions, what influences their choices and what are their thoughts about prevention. To effectively prevent harms related to adolescents and marijuana use, parents and youth will need the facts about marijuana and its effects.

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### Thursday December 7

**11:00 AM – 12:30 PM**

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

All the Pieces of Me: Childhood Dissociative Identity Disorder 🧠🎥📞

Participants will learn about the causes for, and the process of, dissociation as a creative way to 'stay sane in an insane world', and how this coping skill may lead to the development of more than one personality within an individual. Signs and symptoms of the disorder will be outlined, as well as information on how parents and professionals can help these children and all their other selves.

**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.

## **Thursday December 7**

**6:30 PM – 8:30 PM**

Bert Church High School  
1010 E. Lake Blvd, Airdrie

Understanding Teen Mental Health and Wellness 🧑🏻‍🦧

Everyone has mental health, teens included. This workshop will provide information to help parents and caregivers understand and support positive mental health for youth in their teen years. Learn to distinguish between normal feelings and behaviour of young people, and signs and symptoms of mental health concerns and issues. Relevant resources will be shared.

## **Tuesday December 12**

**6:30 PM - 8:30 PM**

Mitford School  
110 Quigley Drive, Cochrane

Kids Have Stress Too 🧑🏻‍🦧

An introduction to key aspects of early childhood and brain development, and the crucial role parents and professionals play in buffering the impact of stress on kids. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

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## **Thursday December 14**

**6:30 PM - 8:30 PM**

Ability Hub  
3820 24th Ave NW, Calgary

Transitioning to Adulthood 🧑🏻‍🦧

Transitioning to Adulthood 📱

A Workshop for Parents or Guardians of Youth with Special Needs. Learn simplified and practical details parents must know to assist their youth to access adult services including: PDD - Persons with Developmental Disabilities AISH - Assured Income for the Severely Handicapped OPG - Office of the Public Guardian (Guardianship/Trusteeship) Transition Planning.

Follow us on  @CES\_AHS

# 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**

## Music Therapy and Early Childhood Development

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.

**Available until: January 31, 2018**

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](mailto: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](mailto:naps@ucalgary.ca)

This study has been approved by the Conjoint Health Research Ethics Board (ethics ID: R8814-12.71)



UNIVERSITY OF CALGARY  
CUMMING SCHOOL OF MEDICINE



THE MATHESON 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](mailto: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.

## Supporting Parents of Children with Autism

The purpose of this study is to identify how to best support parents of children with autism. Your contribution is critical to provide potential improvements in optimizing family success.

### Who is eligible to participate?

Parents of children diagnosed with ASD who currently receive intervention services.



Empowering Parents for Family Success



Contact Caroline Buzanko for more information.

587-353-7280 / [carolinebuzanko@athabascau.ca](mailto:carolinebuzanko@athabascau.ca)

## Help us learn more about NUTRITION, MENTAL HEALTH, & THE GUT!



### ARE YOU (OR YOUR CHILD):

- 12-17 years old?
- Diagnosed with OCD?

### IF YES, YOU'RE LIKELY ELIGIBLE!

### WHAT WOULD YOU BE ASKED TO DO?

- Complete some questionnaires and brain games
- Provide a hair sample, blood sample, and stool sample
- Take a dietary supplement for eight weeks

### GIFT CARD PROVIDED FOR PARTICIPATION

If you are interested in participating or would like more information, please contact Emily Macphail at [ecmmacph@ucalgary.ca](mailto:ecmmacph@ucalgary.ca).

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board. ETHICS ID: RER16-0805.

Are you interested in helping to add to our understanding of the relationship between **nutrition, mental health, and the gut microbiota**?

We are seeking youth ages 12-17 who are **healthy or who have OCD** to participate in the below study.

For more information, please contact **Emily at [ecmmacph@ucalgary.ca](mailto:ecmmacph@ucalgary.ca)**.

Thank you!





# 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.**