



Community Education Service

January 2018 Newsletter



Bell

Let's Talk

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.

**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.

Follow us on  @CES_AHS

Monday January 8

10:00 AM – 11:30 AM

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

[Grief and Loss](#) 🧡📺👤

Grief is a universal experience, yet we often feel vulnerable in our ability to support bereaved families. This session will present a basic understanding of how to understand and deal with grief. Participants will enhance learning around contemporary grief theories, healthy symptoms and experiences of grief and caring interventions.

Tuesday January 9

6:30 PM - 8:30 PM

Mitford School
110 Quigley Drive, Cochrane

[How to support my child when they are in crisis or supporting others that are in crisis?](#) 🧡

This presentation will discuss how to support a child who is in crisis as well as how to support other individuals who are experiencing a crisis.

Monday January 15

7:00 PM – 8:30 PM

Canada's Sport Hall of Fame - Ridell Family Theatre
169 Canada Olympic Road SW, Calgary

[Motivating Unmotivated Teens: A parent - focused approach](#) 🧡

Parents become concerned with their children's lack of motivation for school achievement when their achievement falls short of their potential. When parents attempt to enhance motivation, they find motivating young children challenging, motivating teens daunting. The task is formidable, particularly when there is a history of academic underachievement. Simply put: habits are difficult to change. Habits or patterns of behavior do not apply solely to teens, but also to parents. The idea of changing parental behaviour in such cases is not new. What makes my approach somewhat different is that I have made parental behavior the underlying principle permeating my thinking on this topic. The result is a parent - focused approach to the problem. I share the key elements of my perspective in this session. While by no means a quick solution, parent counselling, in my experience, has proven more effective than teen-focused intervention.

This session is open to all - parents, professionals and students.

Thursday January 18

6:30 PM - 8:30 PM

Boys and Girls Club

200 East Lake Crescent, Airdrie

[Helping your child find school success](#) 🧠

One of the challenges parents face in 21st century learning is the lack of resources available to help their child with homework. This workshop aims to help parents support their children with school success. Topics include how young brains work (how children learn, learning styles & strategies), study skills & techniques, learning preferences, stress management and using the internet to your advantage for school success.

Resource packages will be available.

Target age: Youth ages 12-18

Tuesday January 23

7:00 PM – 9:00 PM

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW, Calgary

[Anxiety and its Associated Consequences During Childhood and Adolescence](#) 🧠

Among school aged children and youth, fear and anxiety are common emotions. Although many children experience healthy anxiety, some experience disproportionately higher anxiety in relation to their context (e.g., separation anxiety) and/or developmental age. This presentation will explain the nature, cause, and developmental course of anxiety disorders as well as explore the predictive nature of poor social relationships on anxiety symptoms. Information will be provided on how parents and professionals can support children with anxiety.

Tuesday January 23

6:30 PM – 8:30 PM

East Lake School

325 Kinniburgh Blvd, Chestermere

[ADHD & Executive Functioning](#) 🧠

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.

Thursday January 25

6:30 PM - 8:00 PM

Marshall Springs School
1100 Everridge Drive SW, Calgary

[Internet Safety](#) 🧩

Participants will learn:

- Origins of the internet and how its current design can be a concern for police, governments and individual users
 - Information on "the deep web" and how that is impacting law enforcement
 - The permanency of the internet and the concept of digital citizenship
 - The importance being involved and helping shape your child's internet experience
 - The importance of having a respectable internet footprint
 - The dangers of having your devices infected by malware
 - How online predators target children and other risks associated with social media
 - Offensive material online
 - The prevalence of identity theft
 - The importance of strong passwords
 - The phenomena of cyberbullying
 - Gaming pitfalls
 - Calgary Police Service resources dedicated to these issues
 - Helpful tips and links for further education
-

Thursday January 25

6:30 PM – 9:30 PM

South Health Campus
31 Sunpark Plaza SE, Calgary

[Little Warriors](#) 🧩

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.

Monday January 29

6:30 PM – 8:00 PM

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

[The Implications of ADHD for Kids, Parents, and Teachers](#) 🧑🏫

[The Implications of ADHD for Kids, Parents, and Teachers](#) 📱

This presentation will focus on discussing current trends in the treatment of ADHD and the impact of the disorder on social and academic functioning among school age children. Additionally, time will be spent discussing optimal means of diagnosis and treatment.

Wednesday January 31

10:30 AM – 12:30 PM

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

[Healthy Brain Development: Protective & Risk Factors](#) 🧠👶📞

Childhood and adolescence is a period of major developmental change for the human brain. The foundations for healthy brain development are laid during pregnancy and infancy, and after birth external environmental factors constantly influence how a child interacts with and learns from the world around them. This presentation will discuss our current understanding of healthy brain development during childhood and adolescence, and highlight how the interplay between protective factors (diverse support networks, good nutrition) and risk factors (maternal and child stress, substance use) can influence brain development and how a child thinks, learns, and acts.

CES is always looking for new partnerships and presenters!

Please [contact us](#) should you be interested in sharing your expertise related to child and youth health and emotional well-being.

RECORDED SESSIONS



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

Click on titles for poster

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 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.

Available until: April 1, 2018

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. **Available until: March 1, 2018**

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

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.

Supporting Parents of Children with Autism



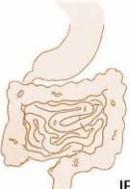
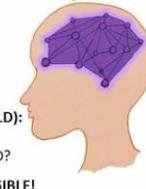
The purpose of this study is to identify how to best support parents of children with autism. Your contribution is critical to provide potential improvements in optimizing family success.

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

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.

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**.

Thank you!

😊

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board. Ethics ID: REB16-0805.

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:

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- Already have an account? Register: <http://community.hmhc.ca/login/>

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

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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.