



# Community Education Service

## February 2018 Newsletter



## Eating Disorder Support Network of Alberta

[Eating Disorders Awareness Week Feb 1-7](#)

**Friday February 2**  
**noon – 1:30 PM**

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

[National Eating Disorders Awareness Week Special Session on 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.

**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.

## **Wednesday February 7**

**10:30 AM - noon**

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

### [Part 1: Fetal Alcohol Spectrum Disorder: Background, Assessment and Diagnosis and Associated Features](#) 🧩 📺 📞

This presentation will focus on a brief history of FASD, as well as current conceptualizations surrounding diagnosis. Assessment domains and methods will be discussed, highlighting current Canadian guidelines. The presentation will conclude with some comments on secondary and associated features.

---

## **Thursday February 8**

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

Bert Church School  
1010 E. Lake Blvd SE, Airdrie

### [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.

---

## **Thursday February 8**

**7:00 PM – 9:00 PM**

Ernest Manning High School  
20 Springborough Blvd SW, Calgary

### [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 what ADHD is, why it is awesome, and how to capitalize on its assets to promote long-term success. Important considerations and practical strategies to overcome common challenges faced by high school students with ADHD are also addressed.

## Monday February 12

10:00 AM - 11:30 AM

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

[Let's Talk Preschoolers: Get them to listen the first time](#) 🧑‍🦓 📺 📞

Do you ever feel like you are talking to yourself? Why don't they listen? Bring your questions and learn how to encourage your child's independence while teaching them to listen the first time. Help everyone in your family to feel confident, capable and calm.

---

## Wednesday February 14

10:00 AM - 11:30 AM

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

[Youth Bullying and Discrimination: Let's Make it Stop](#) 🧑‍🦓 📺 📞

Ryan will address:

The characteristics of a healthy relationship  
The relationships between healthy interactions,  
social connection and bullying behavior  
Power  
Bullying  
Intervention and Response

<http://www.redcross.ca/training-and-certification/course-descriptions/respect-education-courses>

---

## Thursday February 15

6:30 PM - 8:30 PM

C.W. Perry School  
186 Sagewood Blvd SW, Airdrie

[Supporting your Anxious Child - What Works and What Doesn't](#) 🧑‍🦓

This workshop offers an introduction to childhood stress and anxiety. Topics will include: what is the difference between stress and anxiety? When is anxiety helpful; when is it not? Examples of how anxiety can "look"- both at home and in the classroom - will be provided. Hands-on, take-home strategies will be combined with evidence-based theory, in order to better understand what is helpful and less helpful when supporting your anxious child.

Follow us on  @CES\_AHS

## Thursday February 15

7:00 PM - 9:00 PM

Holiday Inn

4206 Macleod Trail SE, Calgary

[Inclusive Recreation for All](#) 🧑‍🤝‍🧑

[Inclusive Recreation for All](#) 📱

All children, youth, and adults benefit from being involved in recreation and leisure activities. Inclusive recreation provides children, youth, and adults with developmental disabilities an opportunity to develop and share their strengths and passions with everyone, just as anyone would. Yet far too many children, youth, and adults with developmental disabilities are not pursuing inclusive recreation, despite recreation providers being open and welcoming. This session will discuss and provide examples on:

- What is inclusion and why it is important
- How to create a welcoming environment
- What makes inclusion work well
- Building relationships between recreation providers and families
- The role of the recreation provider

---

## Wednesday February 21

10:30 AM - noon

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW, Calgary

[Marijuana and the Developing Brain \(Level 2\)](#) 🧑‍🤝‍🧑 📺 📞

Learning Objectives:

- Pharmacology and anatomy of endocannabinoid system
- What exogenous cannabinoids do to developing nervous system
- Mental health consequences of adolescent marijuana smoking

---

## Thursday February 22

10:30 AM - noon

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW, Calgary

[Part 2: Fetal Alcohol Spectrum Disorder: Presentation Across the Lifespan, Learning and Behaviour, Supports and Resources](#) 🧑‍🤝‍🧑 📺 📞

This presentation expands on the background and conceptualization of FASD by focusing on presentation throughout the lifespan. A discussion of practical learning and behavioural management strategies will be provided, as well as various resources for families and individuals.

**Wednesday February 28**

**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.

---

**Wednesday February 28**

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

St. Mary's School  
42 Cimarron Trail, Okotoks

[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 what ADHD is, why it is awesome, and how to capitalize on its assets to promote long-term success.

---

**Wednesday February 28**

**6:30 PM – 8:30 PM**

Chestermere Public Library  
105 Marina Road, Chestermere

[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.

**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.

## **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: February 28, 2018**

## **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.

**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**

## **Can One Story Change Everything?**

Participants will develop an understanding of early brain development and its impact on health throughout life.

Participants will learn about applying brain development knowledge into policies and practice. Participants will receive information about learning tools (including the new online Brain Story course) they can access to learn more. **Available until: July 12, 2018**

## **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 Saving Plan. **Available until: July 10, 2018**

## **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. **Available until: July 1, 2018**

## **Collaborative Problem Solving Approach for Children, Youth and Families**

Objectives:

1. To learn about the difference between triggers/expectations, lagging skills and challenging behavior.
2. To understand the rationale for helping children and youth develop 5 common lagging skills for better adaptation.
3. To learn the advantages of collaborative vs. coercive approaches with children and youth.

**Available until: July 10, 2018**



### **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.

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](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

## 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: AEB14-1271

 UNIVERSITY OF CALGARY  
CUMMING SCHOOL OF MEDICINE

 THE MATHESON CENTRE  
for Mental Health Research & Education



# 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) 955-4730 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 :

See [Website](#) for instructions

## 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 [Eceptionist](#):

**Step 2: (Required) Once site has been confirmed, register for the session here:**  
<http://community.hmhc.ca/login/>

### To view a Recorded session or Webinar :

See [Website](#) for instructions

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

All sessions are Level 1 unless otherwise indicated and qualify for ACSW B Level credits