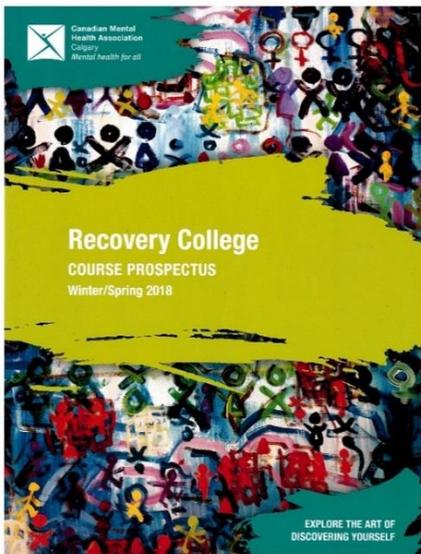




Community Education Service

March 2018 Newsletter



The Recovery College offers free, aspirational course on recovery and wellbeing. Courses are open to everyone in the community – service users, professionals, family, friends and members of the public.

Thursday March 1

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.

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.

Thursday March 1**6:30 PM - 8:30 PM**

South Calgary Health Centre Room 1001
31 Sunpark Plaza SE, Calgary

[Teen Series: Curious about Cannabis?](#) 🧑🏻‍🦱

Learn about cannabis, youth, and the pending legalization of this drug. Tools and resources will be shared to support you and your family.

Monday March 5**10:00 AM - 11:30 AM**

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

["Keeping Busy?" A Reflection for Social Work Week](#) 🧑🏻‍🦱

Happy Social Work Week! As we begin the week honouring social workers, join social worker and HMHC clinical consultant Katherine Jarrell for a reflection on how we envision success and the implications this has for our work culture and personal choices. Let's consider how our frenetic schedules impact how we relate to children. Katherine will draw on the work of Robert Holden, Kristin Neff and others to encourage those in the helping professions to take pause and consider how we approach our work and play.

Tuesday March 6**6:30 PM - 8:30 PM**

Forest Lawn Library
4807 8th Avenue SE, Calgary

[TEEN SERIES Are You A Good Financial Role Model For Your Children?](#) 🧑🏻‍🦱

Self-assess your skills to determine what kind of financial role model you are and how to align your values with your family's goals.

Tuesday March 6**6:30 PM - 8:30 PM**

ReidBuilt Centre for Community Leadership
340 Merganser Dr W, Chestermere

[Understanding the Relationship Between Sleep and Good Mental Health](#) 🧑🏻‍🦱

This session will discuss the importance of sleep, provide increased awareness of the physical and emotional consequences of sleep deprivation and suggest ways to promote adequate sleep in young people.

Tuesday March 6**6:30 PM - 8:30 PM**

Mitford School
110 Quigley Dr, Cochrane

[Navigating the Social Media Nightmare](#) 

This session will cover: what social media platforms are out there and which ones are popular? What are the dangers associated with social media? How can I educate myself and support my child to be safe on social media? Participants are encouraged to bring their device, along with any questions they might have regarding social media.

Wednesday March 7**10:30 AM – noon**

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

[Youth Concussion: A Public Health Concern](#)   

At the conclusion of this presentation the learner will be able to:

- 1) define concussion
 - 2) compare and contrast traumatic brain injury (TBI) and concussion
 - 3) discuss the role of concussion as a public health concern
 - 4) describe the role of "culture" in dealing with youth concussion in sport and outside of sport
-

Thursday March 8**6:30 PM - 8:30 PM**

Bert Church School
1010 E. Lake Blvd SE, Airdrie

[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 March 8**6:30 PM - 8:30 PM**

Shawnessy Public Library
333 Shawville Blvd Se, Calgary

[Teen Series: Gangs and Teens](#) 

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

Tuesday March 13

6:30 PM - 8:30 PM

East Calgary Health Centre Room 2285
4715 8th Avenue SE, Calgary

[Teen Series: Introduction to Sexual Orientation and Gender Identity](#) 🧑🏻🧑🏻🧑🏻

[Teen Series: Introduction to Sexual Orientation and Gender Identity](#) 📱

Learn to understand sexual orientation, gender identity, related terms, values, and youth issues. Practical information about supporting youth, using inclusive language, and accessing local resources will be discussed.

Wednesday March 14

11:00 AM - 12:30 PM

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

[Conflict Between Separated Parents and Its Effect on Your Children](#) 🧑🏻🧑🏻🧑🏻🧑🏻🧑🏻

This presentation will discuss how and why parents find themselves fighting with each other after they separate and the serious short- and long-term effects parents' conflict can have on their children.

Thursday March 15

6:30 PM - 8:30 PM

Our Lady of the Rosary School
41 Cranston Gate SE, Calgary

[Parenting in 2018: Meeting New Challenges with some Tried and True Tips and Tricks](#) 🧑🏻🧑🏻🧑🏻

Join AHS Clinical Consultant Katherine Jarrell as she shares a parenting perspective that she has found helpful both personally and professionally. Katherine will share some strategies to deal with common parenting concerns, and resources to further support you. Come prepared to laugh and learn! Leave with more confidence and tools in your toolbox.

Thursday March 15

6:30 PM - 8:30 PM

The ABILITY Hub
300, 3820 - 24th Avenue NW, Calgary

[Sexual Health Workshop](#) 🧑🏻🧑🏻🧑🏻

[Sexual Health Workshop](#) 📱

Are you a parent, caregiver or service provider of a child or teen with ASD? Do you want to learn more about puberty and sexual development, healthy relationships, and personal boundaries? Sexuality is an important part of the overall wellness of all people. This workshop will give you practical tools and strategies to guide your child or teen through puberty and beyond and introduce resources to help build your comfort and skill in working with your child.

Thursday March 15

6:30 PM - 8:30 PM

Boys and Girls Club
1003 Allen Street NE, Airdrie

[Understanding the Relationship Between Sleep and Good Mental Health](#) 🧑‍🤝‍🧑

This session will discuss the importance of sleep, provide increased awareness of the physical and emotional consequences of sleep deprivation and suggest ways to promote adequate sleep in young people.

Thursday March 15

6:30 PM - 8:30 PM

South Calgary Health Centre Room 1001
31 Sunpark Plaza SE, Calgary

[Teen Series: How to Help Teens Diagnosed with ADD/ADHD Part 2](#) 🧑‍🤝‍🧑

Learn additional intervention strategies and skills for parents and teens with ADD / ADHD.

Thursday March 15

6:30 PM - 8:30 PM

Bert Church School
1010 E. Lake Blvd SE, Airdrie

[Understanding Mindfulness \(MindUP Program in School\)](#) 🧑‍🤝‍🧑

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 also discuss how the brain influences thinking, emotions and behaviour. Improved self-regulation can lead to better focus in school, better cooperation with others and improved self-awareness and self-control.

Monday March 19

7:00 PM – 8:30 PM

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

[Skills that Help the Brain Get Things Done: Understanding Executive Functioning in Children and Adolescents Part 1](#) 🧑‍🤝‍🧑 📺 📞

Executive functioning skills are mental processes that help us tolerate change, control our emotions, resist impulses, juggle information, make a plan, and start and finish tasks. Much like an air traffic controller who manages the arrivals and departures of many aircraft on multiple runways at a busy airport, the brain needs this skill set to get things done in an organized and efficient way. In this session you will learn about these skills and their importance for both school and personal success. **(Part 2 April 5, 2018)**

Tuesday March 20

6:30 PM - 8:30 PM

East Calgary Health Centre Room 2285
4715 8th Avenue SE, Calgary

[Teen Series: Bullying and Peer Harassment](#) 🧑🏫

Discover the context in which bullying takes place, the effect it has on those being bullied (and the bully), what can be done from a social perspective, and tips for parents to support children and youth.

Wednesday March 21

10:30 AM – 12:30 PM

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

[Partnering with Parents to Address Behavioural Challenges and Mental Health Concerns at School](#) 🧑🏫 📺 📞

Good mental health starts with an understanding of the brain and its primary roles. This session will introduce parents and those who work with youth to the basic concepts in establishing and maintaining positive mental health in these young people. Topics will include discussion of the teenage brain, common myths about mental illness, teenage stress, promoting positive mental health in the child and accessing help.

Thursday March 22

6:30 PM - 8:30 PM

South Calgary Health Centre Room 1001
31 Sunpark Plaza SE, Calgary

[Teen Series: Navigating Mental Health Services - Who to Call](#) 🧑🏫

Finding out about the appropriate services for mental health can be very challenging. Explore the services that are offered in the Calgary area for teens.

Tuesday March 27

6:30 PM - 8:30 PM

East Calgary Health Centre Room 2285
4715 8th Avenue SE, Calgary

[Teen Series: Curious about Cannabis](#) 🧑🏫

[Teen Series: Curious about Cannabis](#) 📱

Learn about cannabis, youth, and the pending legalization of this drug. Tools and resources will be shared to support you and your family.

Follow us on



@CES AHS

Wednesday March 28

11:00 AM – 12:30 PM

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

[Conflict Management](#) 🧑‍🤝‍🧑 📺 📞

Conflict Management Training helps individuals, business professionals, educators, and community members learn practical and proven strategies to successfully deal with conflict. Through engaging, and interactive team-building exercises, participants learn how to:

- Co-operate with others to resolve disputes
- Master skills such as listening and communicating effectively
- Turn theory into everyday conflict management practice

Wednesday March 28

6:30 PM - 8:30 PM

Mitford School
110 Quigley Dr, Cochrane

[Cybercrime Education: Adult Talk](#) 🧑‍🤝‍🧑

This session will discuss current concerns for individual users, police services, governments and businesses including: Information on “the deep web” and how that is impacting law enforcement and citizens, the importance of being involved in a child's internet experience, the importance of having a respectable internet footprint, how online predators target children, general risks associated with social media, and the phenomena of cyberbullying. Calgary Police Service resources dedicated to these issues as well as helpful tips, and links will be provided, followed by a Q&A opportunity.

RECORDED SESSIONS

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

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

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.

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