

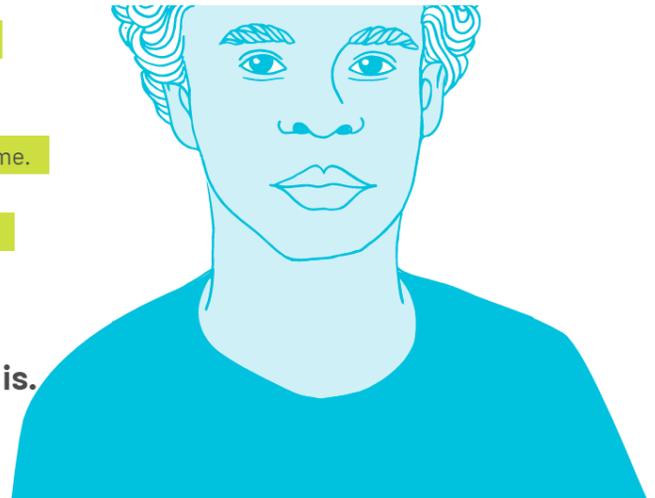


Community Education Service

May 2018 Newsletter

I feel like I'm reaching **MY POTENTIAL**.
I feel like I **BELONG**.
I make the world a **BETTER PLACE**.
I **DON'T WORRY** about what others think of me.
I **ENJOY** my life.
Knock me down and I'll **GET BACK UP** again.

#GetLoud
about what mental health really is.



CMHA

Mental Health Week

May 7-13, 2018

Mental health is about more than mental illness

It's more than being happy all the time. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. Everyone deserves to feel well, whatever their mental health experience. And we all need a support system to lean on.

[CMHA Mental Health Week](#)

Follow us on



@CES_AHS

Wednesday May 2

1:15 PM - 2 PM

Fish Creek Library

11161 Bonaventure Drive SE, Calgary

[Introduction to Infant Sign Language](#) 🧡

Imagine communicating with your baby before they can even speak. Baby sign language reduces frustration, accelerates verbal development and strengthens cognitive skills. It also enhances child-parent bonding through time spent teaching signs to your baby. Research shows that preverbal infants can communicate through the use of sign language long before they can verbalize their needs. During this session the skills and knowledge necessary to communicate with your preverbal, hearing baby, will be explained using examples from American Sign Language (ASL) signs. Some basic infant signs will be taught.

Children under 18 months can attend but please inform CES of this prior to the session; unregistered children/partners will not be permitted due to fire and health and safety regulations.

Thursday May 3

6:30 PM - 8:00 PM

Dalhousie School

4440 Dallyn Street NW, Calgary

[Childhood Anxiety: Symptoms, Treatments, and Prevention Strategies](#) 🧡

Participants can expect to learn:

- symptoms of anxiety and anxiety disorders and common presentations for children aged 5-12
 - evidenced-based treatment strategies for treating anxiety
 - review of emerging practices and research related to prevention and mental wellness
-

Monday May 7

6:30 PM - 8:30 PM

Family Connections - Parent Link

520 78th Ave SW, Calgary

[Understanding Children's Emotions & Anger](#) 🧡

Join us for an evening of learning regarding children's strong emotions and anger. We will discuss causes and concerns and learn ways to teach children how to regulate emotions and better ways to express these strong feelings.

Tuesday May 8

6:30 PM - 8:00 PM

Cochrane Community Health Centre
60 Grande Blvd, Cochrane

[Concussions: 101 - Heading In the Right Direction](#) 🧑‍🤝‍🧑

[Concussions: 101 - Heading In the Right Direction](#) 📱

"So what's the deal with concussions? It's just a little bump to the head.....right?"

Would you know what to look for if your kid sustained a concussion? Would you know what to do?

Participants are provided with the most current information on the importance of recognizing and properly managing this invisible injury. Whether a parent, volunteer coach, athlete or health care professional... participants will leave feeling empowered in their ability recognize the signs and symptoms, and know what to do when a concussion is suspected. Further discussion surrounding resources and help available for those who are experiencing the long term effects of post-concussion syndrome.

Tuesday May 8

6:30 PM - 8:30 PM

Sarah Thompson School
42 4th St NE, Langdon

[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.

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.

Wednesday May 9

6:30 PM - 8:00 PM

Centennial High School
55 Sun Valley Blvd SE, Calgary

[Responding to Youth Crime: An Overview of the Youth Criminal Justice Act](#) 🗣️

This presentation will provide a general overview of the purpose, principles and procedures found in the Youth Criminal Justice Act, and will address a number of common misconceptions about the criminal justice system as it relates to youth between the ages of 12-17. Participants will gain an understanding of the ways in which youth in conflict with the law are treated differently than adults, with particular focus on the areas of diversion from the formal court process, bail, sentencing and youth records.

Thursday May 10

6:30 PM - 8:30 PM

Bert Church High School
1010 East Lake Blvd, Airdrie

[Understanding Childhood Stress & Anxiety with Practical Tools to Implement in the Home](#) 🗣️

A discussion on anxiety and stress in children; what it is, what it may look like, 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 May 10

6:30 PM - 8:30 PM

Ability Hub
300, 3820 - 24th Ave, NW, Calgary

[Personal Safety](#) 🗣️

[Personal Safety](#) 📱

Safety can be a very real concern for all adolescents and young adults, but especially for individuals with Autism. This presentation will include safety and security tips for staying safe in and around your community; including a home and in cyber space.



Tuesday May 15

6:30 PM - 8:30 PM

Ralph McCall Elementary School

1505 1st Ave NW, Airdrie

[Parenting After Separation](#) 🧑🏫

This session will offer information to parents about the separation and divorce process, the effects of separation and divorce on their children, techniques for communication and legal information that affects parents and children.

Topics will include:

Children Can Cope with Separation and Divorce – Put your children FIRST

Learning Your Way Around the Legal System

Parenting Plans That Work for Your Family

Wednesday May 16

10:30 AM - 12:30 PM

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW, Calgary

[Helping Teens Diagnosed with ADD/ADHD Part 1](#) 🧑🏫 📺 📞

Discover strategies and skills for parents and caregivers of teens with ADD/ADHD ** This is a 2 part series, it is recommended that you attend both sessions. Part 2 will be held on September 27th at 11:00am at the Alberta Children's Hospital **

Wednesday May 16

6:30 PM – 7:30 PM

Kids & Company Britannia Location

300, 5119 Elbow Drive SW, Calgary

[The New Guidelines on Screen Time for Preschool-Aged Children: The Importance of Interaction in Early Language Acquisition](#) 🧑🏫

In a world where 'screen time' is rapidly increasing, how we interact with our children is changing. We will present the revised guidelines on digital media use from the American Academy of Pediatrics (released in October 2016) with a focus on the impacts of screen time on the development of language in the preschool years.

Thursday May 17

6:30 PM - 8:00 PM

Mountain Park School
312 Mount Douglas Close SE, Calgary

[Taming Anxiety Gremlins](#) 🧸

Anxiety is at epidemic levels among children and teens. This workshop will promote parent and teachers' understanding of anxiety and teach them how traditional ways of offering help may unwittingly feed into the child's worries and associated behaviours. Participants will learn effective tools to help children manage their anxiety to promote their resilience and overall well-being.

Tuesday May 22

noon - 1:00 PM - WEBINAR ONLY

[Teens & Risk-Taking: Challenges & Opportunities](#) 📺

Teens are faced with making decisions about many new kinds of risk. Choices about drugs, alcohol, social media, relationships and sexuality can be life changing. Research shows that brain development continues until the mid 20s with the pleasure centre of the brain developing before the judgement centre. That is why teens often do not recognize the risk in the things they do or think about the bad things that can happen. Learn tips and tools to allow teens enough risk to grow yet manage risk so they are safe.

Wednesday May 30

11:00 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.



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, 403-874-2050.

Child & Adolescent Addiction & Mental Health
VOLUNTEER FAMILY ADVISORS WANTED
 - Flexible Commitment Levels -

To create the best Child & Adolescent Addiction & Mental Health care system, we need your perspectives and experiences.

As a Family Advisor, you can:

- participate in focus groups
- participate in email consultations or on-line surveys
- join Councils and Committees
- develop communication materials
- and much more

WE ARE LOOKING FOR YOU TO:

- contribute your experiences, knowledge and background
- be involved, have a voice
- become part of our family centred care team

To learn more, phone 403-297-4664 (ask for Tony Tempriple) or email Tony.Tempriple@albertahealthservices.ca



<p>Child & Adolescent Addiction & Mental Health VOLUNTEER ADVISOR OPPORTUNITY 403-297-4664 ask for Tony Tempriple or Email: Tony.Tempriple@albertahealthservices.ca</p>	<p>Child & Adolescent Addiction & Mental Health VOLUNTEER ADVISOR OPPORTUNITY 403-297-4664 ask for Tony Tempriple or Email: Tony.Tempriple@albertahealthservices.ca</p>	<p>Child & Adolescent Addiction & Mental Health VOLUNTEER ADVISOR OPPORTUNITY 403-297-4664 ask for Tony Tempriple or Email: Tony.Tempriple@albertahealthservices.ca</p>	<p>Child & Adolescent Addiction & Mental Health VOLUNTEER ADVISOR OPPORTUNITY 403-297-4664 ask for Tony Tempriple or Email: Tony.Tempriple@albertahealthservices.ca</p>	<p>Child & Adolescent Addiction & Mental Health VOLUNTEER ADVISOR OPPORTUNITY 403-297-4664 ask for Tony Tempriple or Email: Tony.Tempriple@albertahealthservices.ca</p>	<p>Child & Adolescent Addiction & Mental Health VOLUNTEER ADVISOR OPPORTUNITY 403-297-4664 ask for Tony Tempriple or Email: Tony.Tempriple@albertahealthservices.ca</p>
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Is your child troubled by depression?

If your child is affected by depression and still experiencing its symptoms – you may be interested in the Kites study. Kites, an ADVANCE study, is an international clinical research study that will evaluate the safety and effectiveness of an investigational drug in treating depression in children and young people up to the age of 17.

The Kites study team is looking for children and young people who are:

- aged between 7 and 17
- diagnosed with major depressive disorder (MDD)
- being treated for MDD as an outpatient
- available to take part in the study for up to 16 weeks

Contact details:



Ethics ID # REB 16-0700
 This study has been approved by the University of Calgary Conjoint Health Research Ethics Board

Ethics ID # REB 16-0864
 This study has been approved by the University of Calgary Conjoint Health Research Ethics Board



Attendance Certificates are not available for TH, Audioline, Recorded or Webinar sessions

It is recommended to use your confirmation as proof of registration, a copy of the evaluation you submit, & also a copy of the handout if one was provided.

RECORDED SESSIONS

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

Videogaming and Youth

Increase your comprehension of videogame culture, including popularity of play in Canada, pros and cons of play and signs of problematic use. Identify strategies to open up conversations at home, within your organization, or in the classroom that raise awareness and help people to make informed decisions. Session is run by Alberta Health Services, Youth Addiction Services.

Available until: August 1, 2018

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. **Available until: August 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

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