



Community Education Service

June 2018 Newsletter



[Welcome to the Calgary Reads Children's Reading Place VIDEO](#)

HAPPY SUMMER TO ALL!

CES will be back in September

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)

Follow us on



@CES AHS

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

Monday June 4

6:30 PM - 8:00 PM

Signal Hill Library

5994 Signal Hill Centre SW, Calgary

[How to Successfully Negotiate the Seven Stages of the Stepfamily](#) 🧑‍🤝‍🧑

This presentation details the tools, techniques and strategies that are needed to guide a stepfamily from its early beginnings to becoming a successful, stable, and well functioning, cohesive family unit.

Tuesday June 5

6:30 PM - 8:00 PM

Chestermere Public Library

105B Marina Road, Chestermere

[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.

Wednesday June 6

10:30 AM - noon

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW, Calgary

[Speaking OUT: A Special Report on LGBTQ2S+ Young People in the Child Welfare and Youth Justice Systems](#) 🧑‍🤝‍🧑 📺 📞

Learning Objectives:

1. To learn about the Speaking OUT Special Report process, themes, recommendations and the next steps in this systemic advocacy effort.
2. To build on participants knowledge of supporting LGBTQ2S+ young people and to encourage action to improve their experiences and realities.
3. To hear from young people about what works, what doesn't and how things should change.

Wednesday June 6

6:30 PM - 8:30 PM

East Calgary Health Centre Room 2285
4715 8th Ave 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.

Thursday June 7

6:30 PM - 8:30 PM

Boys and Girls Club Airdrie
200 East Lake Crescent NE, Airdrie

[Do you know what to say? How to talk with children and teens about sexuality](#) 🧑🏻

Are you ready to answer the questions your kids could ask? In this session, we will explore how to support healthy development by talking to children and teens about sexuality, identify reasons to discuss sexuality in a positive way with children of any age. Participants will gain understanding of child and teen sexual development and behavior and discuss practical strategies about how to support children and youth develop healthy sexuality, boundaries, values.

Thursday June 7

6:30 PM - 8:30 PM

Family Connections - Parent Link
Top Floor 520 78th Ave SW, Calgary

[Little Kids and Big Feelings](#) 🧑🏻

Guiding our children through their big feelings, responding to tantrums, and managing difficult behaviors can challenge all parents. Come hear about the Brain-body connection that helps children develop the skills of emotion regulation. Understand more about why children lose control of their emotions, what it means to 'flip your lid', and the role of parents in helping kids with feelings. Learn skills you can teach your children, and use yourself, to help your child manage big feelings. We will use a combination of videos, discussion, and practice. This presentation will cover children pre-school through to school-age.

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 June 7

6:30 PM - 8:30 PM

Ability Hub

300, 3820 - 24th Ave, NW, Calgary

[Understanding Anger and How to Manage It](#) 🧑‍🤝‍🧑

[Understanding Anger and How to Manage It](#) 📱

This presentation will provide a review of the most current literature on the origins of anger. This will include psychological reactions, cognitive processes, and exposure to common thinking distortions. It will also discuss the emotional and behavioural manifestations of anger. Lastly, anger management and intervention strategies will be discussed. Time pending, an opportunity for questions and discussion will be held.

Tuesday June 12

7:00 PM – 9:00 PM

Holiday Inn

4206 MacLeod Trail SE, Calgary

[Inclusive Education: Achieving Quality](#) 🧑‍🤝‍🧑

[Inclusive Education: Achieving Quality](#) 📱

The workshop is for parents, teachers, and administrators. We will explain why an inclusive education is important to a child's future and ask parents to consider pursuing inclusive education for their child starting from playschool and leading right through to college/university.

Highlights of the workshop:

- What does a quality inclusive education look like?
 - Adapting curriculum and instruction
 - Facilitating Friendships in the classroom
-

Wednesday June 13

11:00 AM – 12:30 PM

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW, 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.



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:

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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/>

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

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