



Community Education Service

October 2018 Newsletter

Save the
date



#WorldMentalHealthDay

(click on image for more information)

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.

Tuesday October 2

Noon - 1 PM

WEBINAR ONLY 

[Sexuality and Diverse Abilities](#)

Are you a parent, caregiver or service provider of a child or teen with diverse abilities? 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.

Tuesday October 2

6:30 PM - 8:00 PM

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

[Teenage Sleep Deprivation](#) 

~~**CANCELLED**~~
Learn about common sleep disorders in teens, the causes of teenage sleep problems and the mental and physical effects of sleep deprivation. How to improve teens' sleep health? Join us and find out.

Wednesday October 3

11:00 AM - 12:30 PM

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

[Physical Literacy and Health](#)   

In a world where children are sedentary, over-scheduled, and less likely to play outside, Active for Life helps parents raise physically literate kids.

Physical literacy is when kids have developed the skills and confidence to be physically active for life. In this presentation we explain why it is important to the grassroots (parents, teachers, professionals, etc) in developing physical literacy in children.

We will emphasize the importance of developing physical literacy and how that supports engagement in physical activities across the lifespan. Tools and resources that help support the development of physical literacy will be shared in this session.

Thursday October 4

6:30 PM - 8:30 PM

Dalhousie School
4440 Dallyn St, NW, 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.

Wednesday October 10

6:30 PM - 8:30 PM

Foundations for the Future Charter Academy
8710 Ancourt Rd, SE, Calgary

[HeartMath](#) 🧸

Stress affects people physically, mentally and emotionally. Relieve stress anytime, anywhere and feel better in the moment. This course introduces the HeartMath system of breathing techniques and a heart rate variability tool that can help you manage life's challenges and improve overall health, emotional wellness and resilience.

Monday October 15

10:00 AM - 11:30 AM

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

[Keeping Kids Safe: Confidently fulfilling the Duty to Report](#) 🧸 📞 📺

Child abuse is a serious, pervasive and complex issue experienced by approximately 1/3 of Canadians. All adults who work with children and youth have an obligation to report suspected abuse. Talking with a child or youth about suspected abuse or making a report is often very stressful. Knowing what signs to look for, how to respond and what to expect when you report can help make this difficult situation more manageable. This session is designed to increase the capacity of adults who work with children and youth to:

- Recognize behavioral and physical signs of potential child abuse
- Respond to children and youth who disclose or give subtle verbal clues
- Confidently report suspected child abuse.

Monday October 15

6:30 PM - 8:30 PM

Family Connections Parent Link
520 78th Ave NW, Calgary

[Taming Toddler Tantrums](#)

Ever wondered how to break through a toddler meltdown? This presentation will help you gain an understanding of toddler emotions and how to tame the tantrums that go with it. You will also learn techniques and tips on how to prevent them, how you can handle these strong emotions and also teach toddlers better ways to express them. Covers 1-4 years of age.

Tuesday October 16

6:30 PM - 8:30 PM

Mifford School
110 Quigley Drive, Cochrane

[Let's Talk Mindfulness](#)

This session will outline and discuss the main concepts in mindfulness and how understanding the brain can improve self-regulation. Using a hands-on approach this session will teach skills related to these concepts. This session will 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.

Thursday October 18

10:45 AM - 12:15 PM

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

[Restricted Interests in Autism Spectrum Disorder \(ASD\): How do they engage the brain?](#)

One of the lesser studied symptoms in ASD is restricted interests. In a series of studies conducted at the University of Calgary and Alberta Children's Hospital we asked: how does the brain respond to restricted interests? In this presentation I will talk about how we use techniques like electroencephalography and functional magnetic resonance imaging to study the brain, and what the images we get tell us about how restricted interests are processed in the brain.

Thursday October 18

6:30 PM - 8:30 PM

The Ability Hub

300, 3829 24th Ave SW, Calgary

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Monday October 22

6:00 PM – 7:30 PM

South Health Campus YMCA Wellness Centre

4448 Front Street SE, Calgary

[Youth Fentanyl and Prescription Drug Use](#) 

Improve your knowledge of youth over-the-counter and prescription drug use, misuse and abuse. Information provided will include prevalence of use, drugs of abuse (including fentanyl), signs and symptoms of misuse/abuse, the link to mental health concerns, a harm-reduction approach, and available resources.

Monday October 22

6:30 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 will be Nov 5, 2018.

Monday October 22

7:00 PM - 8:30 PM

Western Canada High School
641 17th Ave SW, Calgary

[Helping your stressed out student: Tips for parents to combat test anxiety and school stress](#) 

This session will provide parents with information about stress in adolescence and signs to look for. It will also focus on strategies that parents can use to help their teen manage general and school stress, with specific strategies for combating test anxiety.

Wednesday October 24

Noon – 1 PM

Cochrane Community Health Centre
60 Grande Blvd, Cochrane

[Tech Neck](#) 

[Tech Neck](#) 

Are your teens and tweens spending endless hours on electronic devices? A phenomenon called Tech Neck (yes... it's so prevalent, it's actually been named) is having detrimental effects on the posture and health of our youth! Our mission is to educate our community in prevention of postural related-problems with a grassroots approach.

The good news: Tech Neck is totally preventable with a proper awareness and understanding of what causes it, and some simple strategies to prevent it.

The workshop is brief, interactive and applicable to all ages.

Thursday October 25

6:30 PM - 8:00 PM

Bert Church High School
1010 East Lake Blvd, Airdrie

[Cannabis: Legalization, Harms and Benefits](#) 

This session will start by briefly reviewing the history of cannabis use. The session will discuss the reasons cannabis is being legalized and the prevalence of its use. The benefits and harms of cannabis will then be reviewed and guidelines for youth will be presented.

Tuesday October 30

6:30 PM - 8:00 PM

ReidBuilt Centre for Community Leadership
101 340 Merganser Dr W, Chestermere

[Cannabis: Legalization, Harms and Benefits](#) 🍄

This session will start by briefly reviewing the history of cannabis use. The session will discuss the reasons cannabis is being legalized and the prevalence of its use. The benefits and harms of cannabis will then be reviewed and guidelines for youth will be presented.

Wednesday October 31

10:30 AM - 12:30 PM

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

[A Focus on Speech & Language: Information & tips for improving communication abilities in children & youth](#) 🍄 📺 📞

Learn about speech and language difficulties and their impact on children and youth in terms of academic achievement, psychological and social development. The presentation will describe what to do if you are concerned about your child's communication abilities or fluency. Therapy resources for children and youth and information about speech and language treatment options will be provided. This presentation will also discuss ISTAR's speech and language services, research projects and how to access ISTAR's services.

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.



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.**

[Not falling through the cracks - How Psychoeducational Assessments can help Foster Success!](#)

Does your child struggle in a mainstream classroom? Are you concerned that your child may be anxious, overwhelmed or inattentive at school? Does your child struggle to understand new academic concepts or lessons? Do you think your child needs extra support to achieve academic or social success? If you can relate to any of these questions, please join the presenters to explore when a psychoeducational assessment may be warranted for your child. Within the current session, presenters will provide parents and supports with an overview of how psychoeducational assessments can be helpful in identifying a child's strengths, areas of difficulty, and learning style, as well as help caregivers learn how to advocate through the educational system and community supports to foster growth and success.

[Adolescent Dating Violence: Prevalence, Correlates, Outcomes and Prevention](#)

This presentation will introduce attendees to the topic of adolescent dating violence. The latest research on prevalence, correlates and outcomes will be reviewed, as well as best practices for prevention. The presenter will also review key take-aways for health care providers, parents and educators.

[Marijuana and Development of the Brain](#)

Please join visiting Neuroscientist from New York, Dr. Diana Dow-Edwards to learn about:

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

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

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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/>

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