



Community Education Service

November 2018 Newsletter



National Child Day November 20th, 2018

Did you know?

One in five Canadian children lives in poverty

One in five Canadian kids has seriously considered suicide every year

One in three children have experienced some form of child abuse

Almost half of our youngest learners are not meeting their developmental milestones by the time they enter kindergarten

Only 9% of Canadian children get the recommended 60 minutes of physical activity each day

Celebrating National Child Day raises awareness of the rights of children and youth, especially for those that face social marginalization within the province and country. Supporting children's rights is a key factor in improving their quality of life. The bottom line is that in countries where awareness of children's rights is high, children are healthier, safer and happier.

Despite our abundant resources, many children and youth in Canada face poverty, bullying, discrimination, poor mental health and abuse. A community that promotes and invests in healthy childhood development, free from these adversities, raises healthier and more engaged citizens.

Check out the website nationalchildday.ca to access toolkits and other resources and to find National Child Day events near you! Follow @natlchildday on Twitter!

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)

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

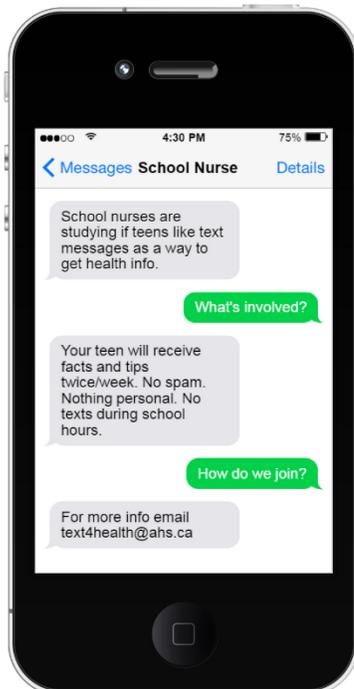
Thursday November 1

11:00 AM - 12:30 PM

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

[Schizophrenia Society of Alberta- Community Education Presentation](#) 🗣️ 📺 📞

The Schizophrenia society of Alberta offers community education Presentations to educate our community on the disorder, its symptoms and what those living with it experience. Community education Presentations are unique in that the program presenters are living with schizophrenia themselves, they share their personal experiences in order to combat the stigma around the illness, with the goal of creating a more inclusive and educated society.



WE ARE LOOKING FOR TEENS AGES 14-16

PARTICIPANTS NEEDED

FOR A STUDY ABOUT HOW TEXTING CAN BE USED AS A TOOL FOR SCHOOL NURSES TO SHARE HEALTH INFORMATION

Participation would involve receiving text messages twice per week for 4 weeks, outside of school hours.

Participants will be asked to complete one online survey that takes about 5 minutes to complete.

Participation is confidential and voluntary.

For more information, or to participate in this study please contact:

Lani Babin, Alberta Health Services
email: text4health@ahs.ca
phone: 403-944-7209



Study Title: Health Texts from School Nurses: Will Adolescents Get the Message?

The University of Alberta Research Ethics Board has approved this research study.

Ethics ID: Pro00081813. Version 2.0

Tuesday November 6**6:30 PM - 8:00 PM**Mitford School
110 Quigley Drive, Cochrane[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.

Thursday November 8**6:30 PM - 8:30 PM**Calgary Academy
1677 93rd St SW, Calgary[CADDAC Presents: The Impact of ADHD on Learning and Self-Regulation](#) 🧑‍🤝‍🧑

Have you wondered why children with ADHD struggle in the school environment? While ADHD is not a learning disability, nor a behaviour disorder, ADHD can significantly impact a student's ability to learn and behave in this environment while impairing their academic achievement. The impact of ADHD symptoms on classroom functioning, typical presentations of ADHD symptoms seen in the classroom and some that may be commonly overlooked will be covered. Typical executive functioning impairments and other cognitive deficits will be discussed in detail. Impairments in self-regulation typically seen in children with ADHD in the home and school setting will also be explained and discussed.

Tuesday November 13**6:30 PM - 8:30 PM**Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, Calgary[Test Anxiety: What is it and What You Need to Know Part 2](#) 🧑‍🤝‍🧑

Many students take tests throughout their time at school. Sometimes, the results are used to make important decisions about their educational programs, levels of curriculum mastery, report card grades, graduation requirements, and opportunities for further education. As many as 25% to 45% of students have test anxiety. As a result, these students usually experience high levels of stress, nervousness, and apprehension during these evaluative situations. This presentation will explain the nature and cause of test anxiety and offer strategies that parents, teachers, and professional can use to help students overcome high levels of anxiety during tests. Part 1 was January 23, 2018.

Follow us on



@CES AHS

Thursday November 15

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.

Thursday November 15

6:30 PM - 8:00 PM

Samuel W Shaw School
115 Shannon Dr SW, 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.

Monday November 19

6:30 PM - 8:30 PM

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

[Mindfulness for Stress Management and Emotional Regulation](#)

This session will help introduce you to the main concepts of Mindfulness practices and give you ways to reduce stress in yourself and your children. In this transformative practice, you will be introduced to ways that mindfulness can be used to increase focus and achievement while giving you a toolbox of experiential skills that help lower anxiety, build resilience, reduce stress and help with your (or your child's) emotional regulation.

Tuesday November 20

6:30 PM - 8:00 PM

Bert Church High School
1010 East Lake Blvd, Airdrie

[The Teen Years: Raising a Healthy Child Through Resilience and Empathy](#) 🧑🏫

We will be discussing how to develop resilience in your teen. We will also be exploring teen brain development, health, and the impacts of parental empathy on teens. This presentation is for anyone looking to learn how to support their teen through these difficult years.

Wednesday November 21

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: Improving Executive Functioning in Children and Adolescents Part 2](#) 🧑🏫

Executive functioning skills help the brain get things done in an organized and efficient way but what happens when a child or teen has difficulty in this area? Does your child often start an activity prior to hearing all the instructions? Have a hard time tolerating change? Have trouble knowing where to begin a big project? Or often underestimate time needed to complete a task? If so, strategies for improving executive functioning skills might be helpful. In this session you will learn how difficulties in executive functioning affect children and adolescents. You will also learn a number of strategies for helping your child or teen improve their skills.

Thursday November 22

6:30 PM - 8:00 PM

Monsignor JJ Obrien School
99 Bridlewood Road SW, Calgary

[Positive Parenting through Adolescence: Boundaries, Modelling, and Emotional Coaching for Teenagers](#) 🧑🏫

Participants can expect to learn:

- How psychologists, doctors, and other health professionals study and intervene around areas of adolescent behavior and emotional responses
- How parents and teachers can use their own regular interactions to coach teenagers toward positive outcomes and results
- Relevant and recent research around brain development with regards to social media, video gaming, and online social interactions

Monday November 26

6:30 PM - 8:00 PM

Hull Services - Social Room
2266 Woodpark Ave SW, Calgary

[A Family's Journey](#) 🧑‍👩‍👧

Objectives: To share the family experience of a child's mental illness and suicidality, and eventual recovery, through personal stories. For attendees to see the impact of illness on a family unit, and hear what makes a difference in working with youth and families. Questions and discussion welcomed.

Monday November 26

6:30 PM - 8:30 PM

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

[Teenage Sleep Deprivation](#) 🧑‍👩‍👧

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.

Thursday November 29

11:00 AM - 12:30 PM

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

[Curious About Cannabis](#) 🧑‍👩‍👧 📺 📞

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

Thursday November 29

6:30 PM - 8:30 PM

The Ability Hub
300, 3820 24th Ave SW, Calgary

[Nutrition and Brain Health: Implications for ASD and mental health](#) 🧑‍👩‍👧

[Nutrition and Brain Health: Implications for ASD and mental health](#) 📱

The key to understanding the importance of diet is having some basic knowledge of what nutrients do in the brain. This workshop will begin with an overview of nutrition in brain health, followed by practical ideas that can help foster better eating habits. The final topic will focus on the many dietary challenges in autism.

RECORDED SESSIONS



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



**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.

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

To attend in person: 🧑‍🤝‍🧑

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- Already have an account? Register: <http://community.hmhc.ca/login/>

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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/>

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