



Community Education Service

December 2018 Newsletter

CES is pleased to share

Being Trauma Aware: Making a difference in the lives of children and youth



Developed in collaboration with the province, the University of Calgary, the Zebra Child Protection Centre, the Palix Foundation, the Canadian Mental Health Association and the Canadian Centre on Substance Use and Addiction, is now available for free online.

It is a two-and-a-half-hour course designed to increase understanding of the effects of child abuse and provide training for social workers, teachers, police officers, doctors, sport coaches and other front-line workers.

To register, please click [here](#)

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.

Wednesday December 5

Noon - 1:00 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.

Wednesday December 5

6:30 PM - 8:00 PM

Marshall Springs School

1100 Everridge Dr SW, Calgary

Cannabis and Calgary's Youth: How to help young people make an informed and responsible choice 

The legalization of marijuana is here. As adults, we play an important role in supporting our City's youth in making smart decisions surrounding its use. To help you play this role successfully, we're inviting parents and mentors to learn more about its use, the effects on the young brain and changes in Federal and Provincial laws. This informative and engaging presentation focuses on facts and helpful strategies to help you start supportive conversations surrounding cannabis and its use with the young people in your life.

Follow us on



@CES AHS

Thursday December 6

6:30 PM - 8:30 PM

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

[An Overview of Inclusive Post-Secondary Education \(IPSE\): Promoting Higher Learning for Adults with Intellectual Disabilities](#) 🧩

[An Overview of Inclusive Post-Secondary Education \(IPSE\): Promoting Higher Learning for Adults with Intellectual Disabilities](#) 📄

This workshop will provide an overview of the Inclusive Post-Secondary (IPSE) model, promoting higher learning for adults with intellectual disabilities. The IPSE Team from the University of Calgary and St. Mary's University will be providing key information on the importance of collaboration, application processes/preparation and desired outcomes.

Wednesday December 12

11:00 AM - 12:30 PM

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

[Cannabis and Calgary's Youth: How to help young people make an informed and responsible choice](#) 🧩 📄 📞

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

RECORDED SESSIONS

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

PLEASE NOTE:

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

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

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

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.

Identifying Youth at Risk of Psychosis Participants can expect to learn what clinical high risk of psychosis is, as well as what we know about conversion to psychosis. They will learn about symptoms that help identify young people at risk for psychosis. Finally, they will learn about our research group, how our projects might be helpful to them and their clients and how to refer to our program.

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.

Speaking OUT: A Special Report on LGBTQ2S+ Young People in the Child Welfare and Youth Justice Systems

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.

Collaborative Problem Solving Approach for Children, Youth and Families

1. Learn about the difference between triggers/expectations, lagging skills and challenging behavior.
2. Understand the rationale for helping children and youth develop 5 common lagging skills for better adaptation.
3. Learn the advantages of collaborative vs. coercive approaches with children and youth.

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

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