



Community Education Service

February 2019 Newsletter



February 27 is

PINK SHIRT DAY

Be sure to watch CES' recorded session

[Youth Bullying and Discrimination: Let's Make it Stop](#)

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.

(Click on titles to view posters)

Tuesday February 5

2:00 - 3:00 PM

YWCA Downtown
320 5th Ave SE, Calgary

Introduction to Infant Massage 🧩 *4 session course February 5, 12, 19 and 26, 2019. Must attend ALL sessions.

This 4-session infant massage class is open to moms, dads & families with babies between 6 weeks and 6 months of age. Dolls will be provided for expectant parents and those who come without children.

Topics include: Benefits of infant massage for child and parent; emotional regulation; reading babies' cues; and simple strokes for the legs, feet, stomach, chest, arms, back and face.

Tuesday February 5

6:30 PM - 8:30 PM

Bert Church High School
1010 E. Lake Blvd SE, Airdrie

Understanding Childhood Stress & Anxiety 🧩

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

Tuesday February 12

7:00 PM - 8:30 PM

St. John Paul II Collegiate
53 Cimarron Dr, Okotoks

Cannabis Use and Youth 🧑🏻‍🦱

This presentation will speak to fundamental facts about cannabis while looking at the rates of use of this drug. General health effects will be discussed along with the specific risks associated with using cannabis while under 25 years of age. Risk and protective factors related to cannabis use will be presented as well as parenting strategies and information for educators.

*Some cannabis resources will also be provided.

Wednesday February 13

10:30 AM - 12:30 PM

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

Grief and Loss 🧑🏻‍🦱 📺 📞

Grief is a universal experience, yet we often feel vulnerable in our ability to support bereaved families. This session will present a basic understanding of how to understand and deal with grief. Participants will enhance learning around contemporary grief theories, healthy symptoms and experiences of grief and caring interventions.

Wednesday February 13

6:30 PM - 8:30 PM

Genesis Place
800 E. Lake Blvd NE, Airdrie

Asking for a friend: 10 keys for family and friends to respond to youth substance abuse 🧑🏻‍🦱

This session will empower you and our community to understand the impact of prescription drug use on our youth, engage you in prevention techniques, how to recognize signs of use and equip you with a simplified conversation guide, how to respond and where to seek support. This session will enable and better support parent and caregivers to more confidently respond to the curious question "just asking for a friend!"

Wednesday February 20

10:30 AM - noon

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

"Raising Canada" 🧑‍🤝‍🧑 📺 📞

Presented by Sara Austin, Founder of "Children's First Canada"
CEO of the Sheldon Kennedy Child Advocacy Centre

CANCELLED

Thursday February 21

6:30 PM - 8:30 PM

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

Problem Behavior: Why Does It Happen and What To Do About It 🧑‍🤝‍🧑

Problem Behavior: Why Does It Happen and What To Do About It 📱

Have you wondered why someone uses problem behavior, even when they "know better"? What motivates someone to use problem behavior? In this workshop, participants will learn: a) the simple reasons why people use problem behavior, b) how to determine why someone you know uses problem behavior, and c) a variety of practical strategies to promote the use of more positive behavior. This workshop will be useful for family, as well as professionals.

Monday February 25

10:00 AM - 11:30 AM

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

Understanding Autism & ADHD to Promote Long-Term Success 🧑‍🤝‍🧑 📺 📞

This workshop will provide an overview of the complex nature of Autism and ADHD, as well as the associated strengths and challenges. Executive functions are discussed, along with practical intervention techniques to promote long-term success in all areas of functioning. Valuable information regarding common medications often prescribed will also be reviewed.

Follow us on



[communityeducationservice](https://www.instagram.com/communityeducationservice)

Monday February 25**7:00 PM - 9:00 PM**

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

Understanding Childhood Stress & Anxiety 🧠

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

Tuesday February 26**6:30 PM - 8:00 PM**

Crowfoot Public Library
8665 Nosehill Dr NW, 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 February 26**6:30 PM - 8:30 PM**

East Lake School
325 Kinniburgh Blvd, Chestermere

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.

Wednesday February 27

11:00 AM - 12:30 PM

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

Juno House presents: Healthy Brains = Healthy Children 🧠 📺 📞

Before High School graduation, one third of adolescent girls will experience depression, anxiety disorders, self-harm or an eating disorder.

At Juno House www.junohouse.ca we believe in the extraordinary healing power of parents and caregivers. We believe that you can learn all of the skills that you need to become your teen's emotional coach. We believe that talking does not grow neurons; experience grows neurons. We will share steps and strategies from the Juno House Therapeutic Model that will give you effective emotional coaching tools for your children as they develop through adolescence and into young adulthood. You will learn about:

- Neuroscience and the developing brain,
- Brain integration of the left and right brain,
- How anxiety develops,
- The background of emotions and how to understand them in your child,
- The five emotional coaching steps,
- Strategies to help guide your adolescent through the challenges they will face in their academic, peer, and emotional environments.

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.

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.

[Youth Bullying and Discrimination: Let's Make it Stop](#)

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

[Marijuana and Development of the Brain](#)

[Disability Tax Credit and RDSP Workshop](#)

[Identifying Youth at Risk of Psychosis](#)

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

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

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

[Collaborative Problem Solving Approach for Children, Youth and Families](#)

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/>

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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