

# Community Education Service

April 2019 Newsletter



World Health Org

**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)

### **Wednesday April 3**

**10:30 AM - noon**

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

#### **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.

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### **Wednesday April 10**

**10:30 AM - 12:30 PM**

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

#### **Opioids & Youth: What adults should know** 📺 🗣️ 📞

This presentation will discuss the signs and symptoms of youth opioid abuse. Participants will learn how to recognize and respond to the symptoms of an opioid overdose, including how to access and when to use a Naloxone kit. A universal screener for opioid abuse and other resources will also be examined.



The Community Education Service does not have a 'No Show' Policy.

Our sessions are FREE and provide educational information on Child and Youth Mental Health and Health topics. ALL are sessions are presented by people VOLUNTEERING their time. Please respect both the presenter and CES by cancelling your spot if you cannot come versus simply not showing up. We all get busy, we understand.

Help us save resources and keep us informed if your plans change.

Sincerely,  
CES

**Thursday April 11**

**6:30 PM - 8:30 PM**

The Ability Hub

300, 3820 24th Ave SW, Calgary

**What Now?...Navigating Life After High School** 🧩

**What Now?...Navigating Life After High School** 📅

This presentation will provide an overview of options for your teenager after high school, namely more school (post-secondary education or training), employment or a gap year (s). Typically, a gap year after high school for young adults with autism means sleeping late, gaming more and losing skills and confidence. Some autistic individuals are not quite ready for the rigors of university, college or work and need support to build readiness skills before taking that next step. This workshop will provide an opportunity to discuss strategies and resources to help strike the right balance between continued learning, part-time employment and social/recreational opportunities once high school ends.

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**Thursday April 11**

**10:00 AM - 11:30 AM**

Crowfoot Public Library Room 2

8665 Nose Hill Dr NW, Calgary

**Let's Talk About: Typical Speech and Language Development (2 to 5 years)** 🧩

Typical speech and language development for two to five year olds will be presented, as well as when and how to seek help. There are many misunderstandings of what 'typical' speech and language development looks like in preschool-aged children. We will set the record straight and discuss when to refer, and how the 'wait and see' approach often may not be appropriate.

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**Monday April 15**

**6:30 PM - 8:30 PM**

Family Connections Parent Link

520 78 Ave NW, Calgary

**Anxiety in Early Childhood** 🧩

How come my child is suddenly refusing to go to school, sleep alone or is afraid to be away from me? Could this be anxiety? This workshop will give insight into how anxiety works in children, how do we recognize it and what can we do? This presentation will cover children pre-school through to school-age.

**Thursday April 18**

**11:00 AM - 12:30 PM**

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

**Optimal Parenting in the First 2000 Days of Life** 🧑👩👧👦 📺 📞

In this presentation, I will provide an overview of the various areas of child development (e.g., physical health, social competence). Evidence shows that some children are not performing as well as others in these areas. I will discuss how engaging in sensitive and responsive forms of parenting can help children develop optimally. We will review video examples to illustrate when parenting behavior and communication could be strengthened to optimize child development.

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**Monday April 22**

**6:30 PM - 8:00 PM**

South Health Campus Auditorium 2  
4448 Front St SE, 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](http://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.

## **Wednesday April 24**

**11:00 AM - 12:30 PM**

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

### **The Core Story Of Infant Mental Health**

Participants in this workshop will learn what infant mental health is, how it unfolds, and how the emotional well-being of very young children can be derailed. The presenter will discuss what can parents do to support healthy attachments and brain development in their infants and toddlers. Parents will learn about how the young child's brain is shaped by experiences, how relationships help children learn how to regulate their emotions, attention and behavior.

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## **Thursday April 25**

**6:30 PM - 8:30 PM**

Dalhousie School  
300, 3820 24th Ave SW, Calgary

### **ADHD is Awesome!**

ADHD is often thought of in terms of its symptoms and associated problems. Unfortunately, a deficit-based approach, focusing on what is wrong, can be very impairing for children and their families. However, there are so many positive qualities of ADHD that need to be celebrated! In this session, you will learn about what ADHD is, why it is awesome, and how to capitalize on its assets to promote long-term success.

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## **Tuesday April 30**

**6:30 PM - 8:00 PM**

Hull Services - Social Room  
2266 Woodpark Ave 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.

**Tuesday April 30**

**6:30 PM - 8:30 PM**

Chestermere Municipal Office  
105 Marina Road, Chestermere

### **Digital Dangers** 🧩

With the rapid growth of technology and innovative new methods for communication, it has become an increasing challenge for parents and professionals to implement preventative strategies and effective intervention methods. In this session learn about cyberbullying and the law, dangers of social media, digital safety, sexting and internet luring and netiquette.

**Sessions in partnership with Rockyview Schools, MHCBC Stepping Stones to Mental Health**

**Tuesday April 2**

**6:30 PM - 8:30 PM**

Manachaban Middle School  
724 Chiniki Dr, Cochrane

### **Understanding Adolescent Stress and Anxiety** 🧩

A discussion on anxiety and stress in adolescents; what it is, what it may look like and how you can help your youth. This session will teach attendees strategies such as mindfulness and relaxation, and will also provide resources that can support caregivers and their youth.

Follow us on



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

## 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.

(Click on titles to view posters)

**Youth Bullying and Discrimination: Let's Make it Stop**

**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**

**Adolescent Dating Violence: Prevalence, Correlates, Outcomes and Prevention**

**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.**

# 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/>

### To attend via Telehealth TH (aka video-conference) / Audio Line:

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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/](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**