

Community Education Service

May 2019 Newsletter

#GetLoud
about what mental health really is.



Canadian Mental
Health Association
Mental health for all



100
years of
community

I FEEL LIKE I
BELONG.

#GetLoud about

WHAT MENTAL HEALTH REALLY IS.



CMHA Mental Health Week

May 6-12, 2019

Visit mentalhealthweek.ca
for info and tools!



Follow CES 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.

(Click on titles to view posters)

Wednesday May 1

6:30 PM - 8:00 PM

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

Nutrition and ADHD 🧑‍👦

Parents of children and teens with ADHD are often concerned about their eating habits - are they eating enough, too much or the right type of foods? In this presentation, parents can expect to learn the fundamentals of nutrition, nutrition related to ADHD and practical strategies to make mealtimes more enjoyable!

Monday May 6

10:00 AM - 11:30 AM

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

Nutrition and Mental Health: An overview of what the science says 🧑‍👦 📞 📺

The key to understanding the importance of nutrition for our mental health is having some basic knowledge about what exactly it is that nutrients do in our brains. This workshop will provide an overview of nutrition in brain health, as well as a summary of some of the clinical studies showing how dietary education and supplementation are being used to improve mental health. The talk will end with practical ideas for fostering better eating habits, even in our pickiest eaters such as those on the autism spectrum.

Wednesday May 8

Noon - 1:30 PM

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

Advancing Care Transitions: ACH Patient/Family Perspectives and Emerging Practices 🧑‍👦 📞 📺

Objectives:

1. Understand impact of transitions to adult care from the patient/family perspective.
2. Learn about emerging practices in care coordination aimed at creating more seamless transitions across health, education and community services.
3. Learn about ACH specific resources helping patients/families and care teams navigate care transitions across life's trajectory.

Thursday May 9
6:30 PM - 8:30 PM

The Ability Hub
300 3820 24th Ave NW, Calgary

I'm so Stressed! Understanding and Managing Anxiety and Mental Health Issues 

I'm so Stressed! Understanding and Managing Anxiety and Mental Health Issues 

This presentation will address anxiety and how it arises in our brains, mind and heart. We will learn that anxiety does a good job of pretending to be our friend, when in reality it robs us of the very things we are looking for. We will use a simple Mindfulness process to look at daily worries (friends, academics, transition to adulthood) and how to ensure that anxiety does not get in the way of progress and growth. This presentation will include lots of time for questions as we go along. It will be practical and solution focused.

Learning Objectives:

1. Describe how and why anxiety arises in the Mind.
2. Describe how our usual ways of reacting to anxiety are not useful.
3. Describe a simple Mindfulness process for responding to anxiety in helpful ways.
4. Learn practical strategies for immediate use in responding rather than reacting to anxiety.
5. Understanding the role of Medications in ASD and related diagnoses.

Monday May 13

6:00 PM - 8:00 PM

BrightPath
#105, 960 Yankee Blvd, Airdrie

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.

Follow us on



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

Monday May 13

6:30 PM - 8:30 PM

Family Connections Parent Link
520 78 Ave NW, Calgary

Little Kids and Big Feelings 🧠

Guiding our children through their big feelings, responding to tantrums, and managing difficult behaviors can challenge all parents. Come hear about the Brain-body connection that helps children develop the skills of emotion regulation. Understand more about why children lose control of their emotions, what it means to 'flip your lid', and the role of parents in helping kids with feelings. Learn skills you can teach your children, and use yourself, to help your child manage big feelings. We will use a combination of videos, discussion, and practice. This presentation will cover children pre-school through to school-age.

Wednesday May 15

11:00 AM - 12:30 PM

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

Understanding a Child's Pain: What to Do, How to Help 🧠 📞 📺

This workshop is for parents and caregivers on how to help their child cope positively with painful medical procedures, tests and injuries of childhood. This 90-minute session will include a presentation with discussion focusing on how a child's pain is perceived, how to talk to your child about pain, and how to successfully coach them to help themselves to overcome fears and worries associated with medical interventions.

Wednesday May 22

11:00 AM - 12:30 PM

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

25 Things Kids with ADHD Wished Their Parents & Teachers Knew About ADHD 

Most parents of kids and adolescents who have ADHD try very hard to be compassionate and understanding of the nature of ADHD and its various effects on behaviour, mood, academic performance, and so on. What we can all forget, sometimes, is that somewhere in there is a kid who understands ADHD better than anyone else. This presentation is based on hundreds of conversations with kids with ADHD and their response to the basic – but critically important – question “What do you wish others knew about you and your ADHD?” Using their own words is a great place to engage in truly understanding the condition and developing more effective ways to work with kids, adolescents, and young adults who have ADHD while also framing the symptoms in a much more positive manner, so the focus is on strengths as opposed to focusing on the negative effects of ADHD. Strategies developed in collaboration with kids with ADHD will also be discussed.

Wednesday May 29

11:00 AM - 12:30 PM

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

Summer Slide: What is it and what can you do to prevent it? 

Throughout the summer, many children lose as much as 2 months of reading skills. Known as summer slide, this learning loss can leave children, especially those furthest from opportunity, up to 3 years behind their peers by the end of Grade 5. In this session, learn how to keep children engaged over the summer to ensure they don't lose any ground in their learning and experience the joy of reading.

Wednesday May 29

6:30 PM - 8:30 PM

Springbank Middle School
244235, Range Rd 33, Springbank

[Healthy Relationships: How parents can help their children create positive and healthy relationships](#) 

This presentation will focus on how parents can help children develop positive healthy relationships in their lives. Healthy relationships among youth are key to fostering positive social-emotional development, as well as preventing bullying and other relationship problems. The qualities of a healthy relationship will be outlined. Strategies to help parents talk about relationships and promote healthy and positive relationships will be provided. The purpose of this presentation is to empower parents to have meaningful conversations with their children to build the parent-child relationship, as well as provide strategies that parents can use to help their children develop healthy relationships with other adults and their peers.

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)

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

**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/>

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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*****

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