

# Community Education Service

September 2019 Newsletter



As the Spiritual Health Practitioners at Alberta Children's Hospital for a combined total of over 40 years, Marcel Leffelaar and Philip Behman have witnessed families go through heartache, and others, joy. Despite the circumstances, one common bond that unites, connects and speaks to almost everyone they have met is music. Through their musical gift, the two have helped support thousands of patients, families and staff at the hospital. Read more about these fine gentlemen [here](#).



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)

Follow us on



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

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### **Thursday Sept 19**

**10:30 AM - noon**

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

28 Oki Drive 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](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.

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### **Thursday Sept 26**

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

Alberta Children's Hospital B2-200

28 Oki Drive NW, Calgary

### **Sleep 101 for Teens and Parents** 🧠

Is your teen tired all the time? Does he/she have sleep habits that you're pretty sure are not helping the situation? Not sure where to start? This session will focus on teens (13 years+) that struggle to obtain adequate, restful sleep. We will discuss the purpose of sleep and evidence-based sleep hygiene techniques helpful for setting up a foundation to obtain a better night's rest. We will also cover how to make it easier to fall asleep, stay asleep, and wake up rested. Teens (13 years+) and parents are welcome to attend.

**Monday Sept 30**

**10:30 AM - noon**

Alberta Children's Hospital  
Kinsmen Learning Centre (4th floor)  
28 Oki Drive NW, Calgary

## **Expressive Arts and Innovative Therapies for Children and Adolescents**

Over the past decade, hospitalizations for mental health disorders in this age group grew by 55% to 65% while hospitalizations for all other conditions decreased by 24%.

Newly updated information from the Canadian Institute for Health Information shows an increase in the number of hospital visits by Canadians age 5 to 24 for mental health disorders over the past decade, especially adolescent girls with self-injury, substance use issues as well as depression and anxiety. At the same time, the number of young Canadians diagnosed with mental health disorders remained stable. In addition, the number of young Canadians who were dispensed a mood or anxiety medication or antipsychotic medication has increased.

Now as we live in a busy, sophisticated, extraverted thinking world most of our interventions for depression and anxiety are medications or talking therapies. This minimizes the fact we are individuals who not only think but we feel, experience bodily sensations and have intuition. Consequently, we neglect the importance of arts, sports, drama and the humanities and the magical symbolic world of childhood. This presentation will focus on the innovative role of arts for engaging and educating children and adolescents from around the world.

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## **RESOURCES**

**The Family and Community Resource Centre has compiled a list of programs and agencies in the Calgary area.**

**Additional resources for families, youth and professionals are also accessible.**

**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.



**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)

**Collaborative Problem Solving Approach for Children, Youth and Families**

**Keeping Kids Safe: Confidently fulfilling the Duty to Report**

**Nutrition and Mental Health: An overview of what the science says**

**Opioids & Youth: What adults should know**

**Understanding Autism & ADHD to Promote Long-Term Success**

# 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/](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**