National Child Day is celebrated in Canada on November 20 in recognition of our country’s commitment to upholding the rights of children and two historic events: the 1959 signing of the UN Declaration of the Rights of the Child and the adoption of the UN Convention on the Rights of the Child in 1989.

This 2019 toolkit is intended for families, communities, organizations, schools, early learning and childcare programs.
All sessions are Level 1, unless otherwise indicated, and qualify for ACSW B Level credits. (Click on titles to view posters)

**Monday Nov 4**
10:00 AM - 11:30 AM
Alberta Children’s Hospital
Kinsmen Learning Centre (4th floor)
28 Oki Drive NW, Calgary

**Cannabis 🦸‍♂️ 📈**

Cannabis has been legal for a year now in CANADA. As of October 17th, 2019 edible cannabis is now legalized for people who are 18yrs and older but you won’t find it in stores for a few weeks. What should our community and the larger society know about the risks of CANNABIS? Despite the marketing message that you may have heard (cannabis is natural, a good sleep promoter or for pain relief), CANNABIS is not a panacea. You can become addicted and it does have some serious side effects for a vulnerable section of our society.

This presentation will focus on the risks and benefits inherent in its use. There are 3 populations at particular risk of negative consequences due to cannabis use: children and youth, mothers-to-be and people with underlying mental health problems will be discussed. This presentation will also outline the medical indications for cannabis use and the risks associated with regular high potency use, such as addiction and psychosis. This impact of CANNABIS on family functioning, motivation and impaired executive skills will be emphasized. In particular, the effect on school and social relationships will be highlighted.

**Tuesday Nov 12**
6:00 PM - 8:30 PM
YW Parent Link - The Hub
1715 17th Ave SE, Calgary

**Little Warriors: Prevent It! Taking Action to Stop Child Sexual Abuse 🌐**

The Prevent It! Taking Action to Stop Child Sexual Abuse workshop was developed by researchers in the department of Psychiatry at the University of Alberta, utilizing leading scientific evidence. The workshop is useful for parents, professionals and organizations that are:
- Interested in learning how to protect the children in their lives
- Seeking training for staff and volunteers in the prevention of child sexual abuse

After the workshop participants will feel empowered and be informed about child sexual abuse, healthy sexual development and how to reduce the risk of sexual abuse as responsible adults and organizations.

Follow us on 📸 communityeducationservice
Wednesday Nov 13  
11:00 AM - 12:30 PM  
Alberta Children’s Hospital  
Kinsmen Learning Centre (4th floor)  
28 Oki Drive 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.

Thursday Nov 14  
6:30 PM - 8:30 PM  
The Ability Hub  
300, 3820 24th Ave NW, Calgary  

**Sexual Health Workshop 🌼**  
Sexual Health Workshop 🌼  
Are you a parent, caregiver or service provider of a child or teen with ASD? 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.

Thursday Nov 14  
6:30 PM - 8:00 PM  
Alberta Children’s Hospital  
Kinsmen Learning Centre (4th floor)  
28 Oki Drive NW, Calgary  

**Sleep 101 for Parents of School-Aged Children 🌼**  
Is your child taking forever to fall asleep at night? Delaying bedtime and offering up every excuse possible? Are you co-sleeping and want to change? This session will cover typical sleep patterns for children in the 6 to 12 year-old range. Evidence-based information on sleep will be presented to parents, along with details on how to obtain adequate sleep hygiene. A variety of techniques helpful for teaching children to fall asleep and stay asleep will also be discussed.

Monday Nov 18  
6:30 PM - 8:30 PM  
Family Connections Parent Link  
520 78 Ave NW, Calgary - Upper Board Room  

**When Consequences Don’t Seem to Work 🌼**  
Parenting is frustrating at times, especially when consequences don’t seem to be working. There are positive and respectful solutions and helps available. In this workshop we will explore concerns and discuss options to help guide parents through these tough and challenging periods.
Monday Nov 18
6:30 PM - 8:00 PM
Seton Public Library
4995 Market St, SE, Calgary

Responding to Youth Crime: An Overview of the Youth Criminal Justice Act 🌐

This presentation will provide a general overview of the purpose, principles and procedures found in the Youth Criminal Justice Act, and will address a number of common misconceptions about the criminal justice system as it relates to youth between the ages of 12-17. Participants will gain an understanding of the ways in which youth in conflict with the law are treated differently than adults, with particular focus on the areas of diversion from the formal court process, bail, sentencing and youth records.

Monday Nov 25
6:30 PM - 8:30 PM
Family Connections Parent Link
520 78th Ave NW, Calgary - Upper Board Room

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

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.

Tuesday Nov 26
6:30 PM - 8:30 PM
Western Canada HS
641, 17th Ave SW, Calgary

My child has the problem, why do you want to meet with us? 🎨

Sometimes expressed verbally (the question), other times nonverbally (the look!), both forms are expressions of surprise. Parent involvement in education of children is established; parent involvement in counselling of children is evolving. In this session, I share the insights that I have gleaned over many years of counselling that support the idea that parents are an essential part of successful counselling of children. It is a truism that parents are the most important people in children’s lives. It is inefficient not to engage them in attempts to deal with children’s psychological issues. When such children are not in counselling, there are things that parents can do to help their children. Obviously, the session cannot provide solutions to children’s issues; however, I will share ideas that have proven helpful, when parents in counselling have been prepared to reflect on how they currently interact with their children.
Conflict Between Separated Parents and Its Effect on Your Children

CBC Interview

This presentation will provide a general overview of the purpose, principles and procedures found in the Youth Criminal Justice Act, and will address a number of common misconceptions about the criminal justice system as it relates to youth between the ages of 12-17. Participants will gain an understanding of the ways in which youth in conflict with the law are treated differently than adults, with particular focus on the areas of diversion from the formal court process, bail, sentencing and youth records.

Wednesday Nov 27
11:00 AM - 12:30 PM
Alberta Children’s Hospital
Kinsmen Learning Centre (4th floor)
28 Oki Drive NW, Calgary

ADHD & Executive Functioning

ADHD & Executive Functioning

This session will be an overview of ADHD and how issues with impulsivity and/or inattention impact children's ability to manage their environments. The session will also explore the impact ADHD has on Executive Functioning and how it relates to managing everyday tasks, and meeting daily expectations at home and at school, including social, emotional, behavioural and academic demands.

Thursday Nov 28
6:30 PM - 8:30 PM
Bishop Pinkham School
3304 63rd Ave SW, Calgary

Seeing through the Vape

Given e-cigarette popularity amongst young Canadians there are concerns about the possible adverse health effects, renormalization of smoking and tobacco uptake among youth, and other unforeseen consequences of their use. In this workshop you will gain knowledge about e-cigarettes and vaping, impacts of nicotine, appropriate prevention, identifying problematic use and legislation.

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.
ONLINE SESSIONS

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

(Click on titles to view posters)

Collaborative Problem Solving Approach for Children, Youth and Families (available until Nov 15)

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

Advancing Care Transitions: ACH Patient/Family Perspectives and Emerging Practices

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.

Visit our our website to view Research Studies we are currently promoting.
HOW TO REGISTER

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· 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/

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.

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***

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