

Community Education Service

January 2020

That Kid, Your Child My Student

a CES Parent Modules presentation



Amy Murray, Principal of Early Childhood Education at the Calgary French & International School and author of the blog <http://missnightmutter.com>, has collaborated with **MORE** (Mental Health Online Resources for Educators) and **CES** to transform her world-renowned blog on *Dear Parent: About that Kid ...* into a 6-minute video presentation.

The purpose of this module is to share with parents what teacher confidentiality is from a teacher's perspective. Reflection questions are provided at the beginning of this presentation, and as a download, for you to consider how confidentiality impacts teachers, parents and students.

Register and view the module [here](#).

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)

Thursday January 9

6:30 PM - 8:30 PM

The Ability Hub

300, 3820 24th Ave NW, 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 is aimed at all developmental levels and will be useful for family, as well as professionals.

Thursday January 16

6:30 PM - 8:30 PM

Cochrane Public Library

405 Railway St W, Cochrane

Let's Talk Mindfulness 🧑‍🤝‍🧑

This session will outline and discuss the main concepts of mindfulness and how understanding the brain functions can improve self-regulation. Using a hands-on approach, skills related to these concepts will be taught along with a discussion of how the brain influences thinking, emotions, self-regulation 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)

Thursday January 23

6:30 PM - 8:00 PM

Briar Hill Elementary School
1233 21st NW, Calgary

Emotional Regulation for Parents, Caregivers, and Children 🧑🏫

This presentation will introduce ways in which parents and adults providing care to children can self-regulate and model calming behaviors to help children who are emotionally escalated and/or difficult to manage. Drawing on neuroscience and the latest research on attachment theories in early childhood and beyond, attendees will develop an understanding of how to craft interactions with young people that are positive, reciprocal, and empowering for all family members.

Thursday January 23

6:30 PM - 8:00 PM

Crossing Park School
500 Martindale Blvd NE, 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.

Saturday January 25

10:00 AM - 11:00 AM

Calgary Girls School
6304 Larkspur Way SW, Calgary

Mindfulness for Stress Management and Emotional Regulation 🧑🏫

This SATURDAY session will help introduce you to the main concepts of Mindfulness practices and give you ways to reduce stress in yourself and your children. In this transformative practice, you will be introduced to ways that mindfulness can be used to increase focus and achievement while giving you a toolbox of experiential skills that help lower anxiety, build resilience, reduce stress and help with your (or your child's) emotional regulation.

Youth 10+ may join with their caregiver(s).

Thursday January 30

6:30 PM - 8:30 PM

Dalhousie School

4440 Dallyn St NW, Calgary

Taming Anxiety Gremlins 🧸

Anxiety is at epidemic levels among children and teens. This workshop will promote parent and teachers' understanding of anxiety and teach them how traditional ways of offering help may unwittingly feed into the child's worries and associated behaviours. Participants will learn effective tools to help children manage their anxiety to promote their resilience and overall well-being.

VERY IMPORTANT NOTICE



CES is looking to reduce its paper use. To this end, only a certain number of handouts will be printed for each presentation. We ask that you print the handout in advance or bring paper to take notes.

Thank you for your cooperation and understanding!

ONLINE 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.

(Click on titles to view posters)

That Kid, Your Child, My Student (Parent Version)

Obsessive-Compulsive Disorder (OCD) in Children and Adolescents

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

Not falling through the cracks - How Psychoeducational Assessments can help Foster Success!

View **Research Studies** we are currently promoting.

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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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:

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*****Telehealth/Video-Conference bookings must be made 7 days prior to the session date*****

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