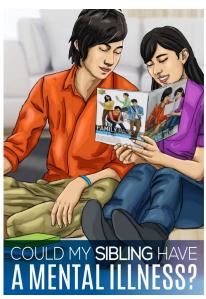




# Community Education Service

## February 2020



Learn how to better understand and support your sibling with the TeenMentalHealth.Org resource Could My Sibling Have a Mental Illness?

Free download on TeenMentalHealth.org

This book was designed to help you understand more about your sibling's illness and provide you with answers to some of the questions you may have. It may seem obvious but it's important to remember that even though your brother or sister has a mental illness, he or she is still your sibling.

## 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)

Monday Feb 10 6:30 PM - 8:30 PM East Lake School 325 Kinniburgh Blvd, Chestermere

Understanding Adolescent Stress and Anxiety
Understanding Adolescent Stress and Anxiety

(webinar)

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.

Thursday Feb 13 6:30 PM - 8:30 PM

The Ability Hub 300, 3820 24th Ave NW, Calgary

Navigating the Social Network Super Highway

Navigating the Social Network Super Highway

(webinar)

Having social networks is part of who we are as human beings. They play a significant role in most areas of our daily life. For adolescents and adults with autism, creating and maintaining meaningful social connections can often feel difficult, confusing, and overwhelming. This presentation will focus on the importance of developing and maintaining connections throughout your community. We will discuss how to build networks across a variety of contexts including school, work, and recreation. The discussion will also identify strategies that can be used to support the growth of social connections across in-person situations as well as in the digital world.

Follow us on



communityeducationservice

#### Thursday Feb 20 6:30 PM - 8:30 PM

Bishop Pinkham School 3304 63 Ave SW, Calgary4440 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.

Monday Feb 24 6:30 PM - 8:30 PM Dr. E.P Scarlett High School 220 Canterbury Dr SW, Calgary

Teen Mental Health: Depression 👑

Adolescent Depression will present parents/caregivers with an overview and trajectory of depressive symptoms, guidance in helping teens identify and manage them, and resources and interventions designed to have a mitigating effect.

#### **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 will email you the handout in advance and ask that you print it or bring paper/pen to take notes.

## ONLINE 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 title to view the session posters

Keeping Kids Safe: Confidently fulfilling the Duty to Report

That Kid, Your Child, My Student (Parent Version) - 6 min

Mindfulness as an Anxiety Management Tool - 6 min

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

Collaborative Problem Solving Approach for Children, Youth and Families

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** 

Obsessive-Compulsive Disorder (OCD) in Children and Adolescents

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

Canadian Cannabis..."to eat it or to smoke it?"...that is the question!

Expressive Arts and Innovative Therapies for Children and Adolescents

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

## **HOW TO REGISTER**

## **PUBLIC**

## To attend in person: 🍟



- · First time? Create an account: <a href="http://community.hmhc.ca/registration/">http://community.hmhc.ca/registration/</a>, 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 <u>Recorded session</u> or Webinar: 🖵 🔲



See Website for instructions

## AHS Employees

#### To attend <u>in person</u>: 👺



- · 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: <a href="http://community.hmhc.ca/login/">http://community.hmhc.ca/login/</a>

## 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