

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](https://www.instagram.com/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:** <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/)

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See [Website](#) for instructions

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

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