



# Community Education Service

May/June 2020

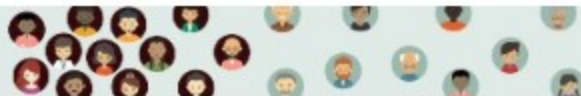
CES hopes everyone is staying safe & taking care of their mental health during this challenging time.

We have lots to share with you including upcoming webinars, credible resources, toolkits, and activity guides to help you all navigate Covid-19.

Alberta Health Services COVID-19

daily updates

Social distancing  
works - here's how ▶



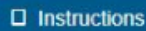
**All sessions are Level 1, unless otherwise indicated, and qualify for ACSW B Level credits.**

(Click on titles to view posters)

## WEBINARS

### To view a webinar:

1. Login, or create a new account, and register here
2. A confirmation email with instructions will be sent
3. Alternatively, 15 minutes prior, login to your CES account and go to the Your Courses tab
4. Scroll to the session and click where it says "click here"

 Instructions

 Click here to join the online event.

Event password: **Emotional**

## From Finsta to FOMO: Understanding Social Media Use in Teens

Wednesday May 6

1PM

The world of social media is constantly changing, and it can be hard to keep up. This session will look at some of the most popular platforms among Canadian youth and how to protect privacy and keep everyone safe. We will also discuss the effects of social media use on teen mental health and how to promote healthy social media habits in a digital world.

## Supporting Your Children to have Healthy Relationships during Physical Distancing

Thursday May 7

1PM

This presentation will focus on how parents can help children develop and maintain positive healthy relationships during a time of physical distancing. The COVID-19 pandemic has led to a requirement for physical distancing from peers and others outside one's household. Physical distancing does not mean the same thing as social and emotional distancing. Children and teens can and should stay social and emotionally connected with their peers and others. Healthy relationships and social connections are key in fostering positive social-emotional development and resilience. Strategies to help parents promote healthy and positive relationships during a time of increased physical distance will be provided. Parents will be empowered to have meaningful conversations with their children to build the parent-child relationship, as well as help their children develop and maintain healthy relationships and digital connection outside their immediate household. Strategies for engaging in digital connection safely will be discussed.

Follow us on



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

## **Understanding Teen Mental Health & Wellness**

**Tuesday May 12**

**6:30PM**

Everyone has mental health, teens included. This workshop will provide information to help parents and caregivers understand and support positive mental health for youth in their teen years. Learn to distinguish between normal feelings and behaviour of young people, and signs and symptoms of mental health concerns and issues. Relevant school and community resources will be shared.

## **Learning Across the Lifespan: How to build learning opportunities into every day activities**

**Thursday May 14**

**6:30PM**

In this presentation, Dr. Velasquez will describe how Applied Behavior Analysis (ABA) can be used to enhance learning for all individuals throughout their lives. She will dispel common myths about ABA and discuss how ABA practice can be modified to meet the needs of individuals with ASD and other neuro-diversities. She will also share examples of "must have" skills for effective daily living, as well as how to incorporate effective teaching strategies into everyday life to promote independence and improve the quality of life of your loved one(s).

## **Crisis Survival Skills: Supporting your Child and Teen during Stressful Times**

**Tuesday May 19 1PM**

**Wednesday May 20 6PM**

This presentation will provide parents with a better understanding of how to support their child during a time of global crisis. The COVID-19 pandemic has led to an increase in psychological distress for some children and youth. Related stressors include social isolation, disruptions in routine, difficulty coping, and the disappointment of canceled events and anticipated opportunities. It aims to empower parents in recognizing signs that a child may be struggling and how they can support their child during this time of physical distancing and absence of in-person peer interactions. Parents will be provided with strategies and tools for helping their children and teens manage through this crisis and maintain social and emotional connection and well-being. Strategies discussed will include mindfulness, distress tolerance, and other coping skills.

## **Kids Have Stress Too**

**Wednesday May 27 1PM**

**Thursday May 28 6PM**

An introduction to key aspects of early childhood and brain development, and the crucial role parents and professionals play in buffering the impact of stress on kids. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

# Emotional Regulation Using Mindfulness

Thursday June 4

6:30PM

Are you finding it difficult to find balance in this challenging time? Explore how, for most of us, our survival responses (fight, flight or freeze) are currently going haywire. Learn how mindfulness practices can help to regulate your child's emotions, boost immunity, decrease anxieties, improve focus, concentration, and improve our overall sense of well-being. Participants will be invited through guided mindfulness activities during the session.

# Taming Anxiety Gremlins: Avoiding anxiety traps while promoting resilience

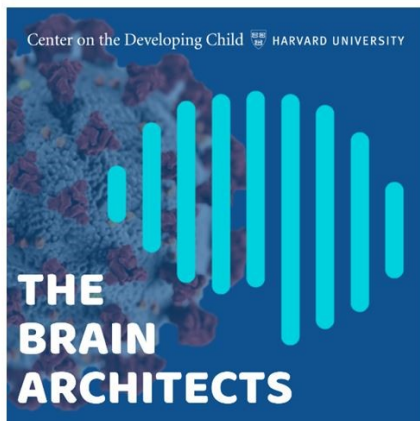
Thursday June 11

6:30PM

Anxiety is at epidemic levels among children, teens, and adults. Individuals with ASD also have a high risk of developing anxiety. In this workshop, participants will learn about the nature of anxiety and how traditional ways of offering help may unwittingly worsen anxiety. Participants will also learn effective tools to help individuals manage anxiety to promote their resilience and overall well-being.

## RESOURCES (click on images or text)

The Brain Architects Podcast: COVID-19 Special Series  
"A Different World"



Due to overwhelming response to our program we have been able to keep all sessions FREE for all who want to participate.

## Isolation. Conversation.

— Live Interactive Mental Health Support Online!

Providing useful tools helping individuals and families manage through this difficult time.

*Building Resilience Project: Phase 1*

*Building Resilient Families by Promoting Positive Mental and Physical Health*

Coping at Home for Families Wellness Meaningful Activity Guide

Family Violence

Food Rescue

Kids Help #1-800-668 6868

Community Resources 211

Health Link 811