

Community Education Service

Skills that Help the Brain Get Things Done: Understanding Executive Functioning in Children & Adolescents Part 1

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October 22, 2018

6:30 pm - 8:30 pm

Sign in: 6:15pm

Alberta Children's Hospital
Kinsmen Learning Centre (4th Floor)
2888 Shaganappi Trail NW

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

Executive functioning skills are mental processes that help us tolerate change, control our emotions, resist impulses, juggle information, make a plan, and start and finish tasks. Much like an air traffic controller who manages the arrivals and departures of many aircraft on multiple runways at a busy airport, the brain needs this skill set to get things done in an organized and efficient way. In this session you will learn about these skills and their importance for both school and personal success.

Part 2 on November 5, 2018

Level I: This session presents an overview of emotional regulation and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & [Werklund School of Education](#).