

# Community Education Service

## Skills that Help the Brain Get Things Done: Improving Executive Functioning in Children Children and Adolescents Part 2

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**November 21, 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](mailto:ces@ahs.ca) or call (403) 955 - 4747

Executive functioning skills help the brain get things done in an organized and efficient way but what happens when a child or teen has difficulty in this area? Does your child often start an activity prior to hearing all the instructions? Have a hard time tolerating change? Have trouble knowing where to begin a big project? Or often underestimate time needed to complete a task? If so, strategies for improving executive functioning skills might be helpful. In this session you will learn how difficulties in executive functioning affect children and adolescents. You will also learn a number of strategies for helping your child or teen improve their skills.

**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 in partnership with [Werklund School of Education](#).