

# Community Education Service

October 2019 Newsletter



Follow CES on Twitter

**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)

### **Thursday Oct 3**

**6:30 PM - 8:30 PM**

St. Sebastian School

65 Chaparral Dr SE, Calgary

#### **ADHD is Awesome! 🧠**

ADHD is often thought of in terms of its symptoms and associated problems. Unfortunately, a deficit-based approach, focusing on what is wrong, can be very impairing for children and their families. However, there are so many positive qualities of ADHD that need to be celebrated! In this session, you will learn about what ADHD is, why it is awesome, and how to capitalize on its assets to promote long-term success.

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### **Tuesday Oct 8**

**6:30 PM - 8:30 PM**

**Windsong Heights School**

3030 Windsong Blvd, Airdrie

#### **Understanding Childhood Stress & Anxiety 🧠**

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A discussion on anxiety and stress in children; what it is, what it may look like and how you can help your child. How to use strategies such as mindfulness and relaxation with your child as well as resources that can support caregivers and their children.

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### **Wednesday Oct 9**

**11:00 AM - 12:30 PM**

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

28 Oki Drive NW, Calgary

#### **Understanding a Child's Pain: What to Do, How to Help 🧠 📞 📺**

This workshop is for parents and caregivers on how to help their child cope positively with painful medical procedures, tests and injuries of childhood. 90 minute session will include a presentation with discussion focusing on how a child's pain is perceived, how to talk to your child about pain, and how to successfully coach them to help themselves to overcome fears and worries associated with medical interventions.

Follow us on



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

## **Wednesday Oct 9**

**2:30 PM - 3:30 PM**

YW Parent Link Centre - The Hub

1715 17th Ave SE, Calgary

### **Infant Massage - 4 Sessions Oct 9, 16, 23,30 \* Must attend ALL 4 sessions** 🧡

YW Parent Link Centre is offering a FREE 4-session infant massage class to moms, dads & caregivers with babies between 6 weeks and 6 months of age. Dolls will be provided for expectant parents and those who come without children.

Topics include: Benefits of infant massage for child and parent; emotional regulation; reading babies' cues; and simple strokes for the legs, feet, stomach, chest, arms, back and face.

\*The final Infant Massage session will be held at the Calgary Reads Children's Reading Place. Enrolled families will be given more details.

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## **Thursday Oct 10**

**10:00 AM - 11:30 AM**

Parent Link - Upper Boardroom

520 78th Ave NW, Calgary

### **The New Guidelines on Screen Time for Preschool-Aged Children: The Importance of Interaction in Early Language Acquisition** 🧡

In a world where 'screen time' is rapidly increasing, how we interact with our children is changing. We will present the revised guidelines on digital media use from the American Academy of Pediatrics (released in October 2016) with a focus on the impacts of screen time on the development of language in the preschool years.

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## **Thursday Oct 10**

**6:30 PM - 8:30 PM**

The Ability Hub

300, 3820 24th Ave NW, Calgary

### **Gender Diversity and Autism: A Spectrum Within the Spectrum** 🧡

### **Gender Diversity and Autism: A Spectrum Within the Spectrum** 🟩

Researchers have identified the co-occurrence of gender diversity and autism as an important emerging issue in terms of clinical practice. Parents, clinicians, and educators, and support professionals in the fields of autism and gender are increasingly likely to encounter clients, patients, and families working to understand gender diversity and autism simultaneously. This workshop will share current findings and perspectives on gender diversity for individuals on the autism spectrum and will present evidence-informed practices for supporting gender creative children and transgender youth who are also on the autism spectrum. Participants will learn practical strategies to provide sensitive care for trans autistic family members, clients, and community members.

### **Thursday Oct 17**

**11:00 AM - 12:30 PM**

Alberta Children's Hospital  
Kinsmen Learning Centre (4th floor)  
28 Oki Drive NW, Calgary

### **Sleep 101: For Parents of Infants, Toddlers, and Preschoolers** 🐾 📞 📺

This session will cover typical sleep patterns for children in the 0 to 5 year-old range. Evidence-based information on sleep will be presented to parents, who will learn how to teach their young children to fall asleep independently and stay asleep through the night. We will also cover naps and how to address early morning waking.

\* Expecting parents are also welcome to attend \*

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### **Thursday Oct 17**

**1:00 PM - 2:00 PM**

YW Parent Link Centre - The Hub  
1715 17th Ave SE, Calgary

### **Raising Happy, Healthy Eaters** 🐾

Do you have questions about your child's eating? Learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. Taught by a dietitian, this introductory session is for parents and caregivers with children 1-5 years of age.

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### **Thursday Oct 17**

**6:30 PM - 8:30 PM**

#### **St. Marguerite School**

1100 New Brighton Dr, SE, 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.

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**CES is always looking for new partnerships and presenters!**  
**Please contact us should you be interested in sharing your expertise related to child and youth health and emotional well-being.**

**Wednesday Oct 23**

**6:30 PM - 8:00 PM**

Calgary Academy  
1677 93rd St SW, Calgary

### **Sleep For Children and Adolescents: Commons Concerns and Strategies for Improving Sleep 🐾**

Good quality sleep is a positive factor in healthy development of children and adolescents. It influences learning, behaviour and decision making; supports our emotional health and well being; and promotes healthy growth, metabolism and immune system functioning. Yet, evidence suggests that many kids do not get enough sleep.

This presentation will focus on the importance of sleep for school aged children and teens, common signs and causes of sleep deprivation, and effective solutions for improving sleep.

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**Thursday Oct 24**

**6:30 PM - 8:00 PM**

Country Hills Public Library  
11950 Country Village Link NE, Calgary

### **Nutrition and ADHD 🐾**

Parents of children and teens with ADHD are often concerned about their eating habits - are they eating enough, too much or the right type of foods? In this presentation, parents can expect to learn the fundamentals of nutrition, nutrition related to ADHD and practical strategies to make mealtimes more enjoyable!

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# 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 titles to view posters)

**Collaborative Problem Solving Approach for Children, Youth and Families**

**Keeping Kids Safe: Confidently fulfilling the Duty to Report**

**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**

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

# 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/)**

### 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**