



Community Education Service

March 2020

Reminder!

**Register for and view these recorded sessions
before March 31**

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

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

Canadian Cannabis..."to eat it or to smoke it?"...that is the question!

Expressive Arts and Innovative Therapies for Children and Adolescents

(Select recordings may be extended after April 1)

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)

Tuesday March 3

6:30 PM - 8:30 PM

Senator Patrick Burns School
2155 Chilcotin Road NW, Calgary

Seeing through the VAPE 🐾

Given e-cigarette popularity amongst young Canadians there are concerns about the possible adverse health effects, renormalization of smoking and tobacco uptake among youth, and other unforeseen consequences of their use. In this workshop you will gain knowledge about e-cigarettes and vaping, impacts of nicotine, appropriate prevention, identifying problematic use and legislation.

Thursday March 5

6:30 PM - 8:30 PM

Marion Carson School
5225 Varsity Drive 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 March 9

7-9 PM

Western Canada HS
641 17th Ave SW, Calgary

Back to Baseline: Buoying Your Adolescent During Choppy Waters 🐾

Anxiety and depression are intrinsically linked for many individuals, and this is especially true for adolescents. This presentation will help parents and caregivers identify symptoms of distress in children and youth and provide appropriate guidance for keeping them afloat when they have exhausted their own emotional reserves.



CES is looking to reduce its paper use. We will email you the handout in advance and ask that you print it.

Follow us on



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

Tuesday March 10

6:30 PM - 8:30 PM

East Lake School

325 Kinniburgh Blvd, Chestermere

ADHD & Executive Functioning



ADHD & Executive Functioning

 (webinar)

This session will be an overview of ADHD and how issues with impulsivity and/or inattention impact children's ability to manage their environments. The session will also explore the impact ADHD has on Executive Functioning and how it relates to managing everyday tasks, and meeting daily expectations at home and at school, including social, emotional, behavioural and academic demands.

Thursday March 12

6:30 PM - 8:30 PM

Ability Hub

#300, 3820 24th Ave NW, Calgary

Time To Get Up And Go To Work! Strategies to increase employment readiness 

Time To Get Up And Go To Work! Strategies to increase employment readiness  (webinar)

In this presentation, participants will learn about the basic steps to gain and maintain successful employment. Beginning with pre-employment skills such as exploring interests, resume writing, and job searching, through to interview skills and other self-advocacy skills (e.g., seeking supports, disclosure), participants will learn about a variety of strategies to help individuals with autism be successful in the workforce.

Wednesday March 18

6:30 PM - 8 PM

Hull Services - Social Room

2266 Woodpark Ave SW, Calgary

Understanding the Brain and Stress 

This presentation will focus on increasing knowledge of brain development, brain functioning, the stress response system, the impact of trauma on the brain, and ways to increase functioning in the context of caregiving relationships. The lens from which these topics will be discussed is from Dr. Bruce Perry's Neurosequential Model. This presentation will aim to increase caregiver compassion, flexibility and confidence.

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

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