

Free Caregiver Sessions September 2020



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area



Alberta Health
Services

Children, Youth &
Families Addiction
& Mental Health

These free sessions are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth.

Mental Health in the New Normal

Focus is on caregivers of kids & teens (Grades K-12)

The Covid-19 pandemic threw many parts of our world upside down and continues to change the way we live our day to day lives. This session will examine what effects this can have on our children and how we can continue to create positivity in a quickly changing and unpredictable time. Caregivers will gain strategies around creating a sense of security through structure and routines, developing healthy coping mechanisms, finding joy amidst difficult times, and cultivating resilient families.

**When: September 17, 6:00pm - 7:30pm &
September 21, 10:00am - 11:30am**

Where: Zoom (Online)

Breaking the Cycle of Anxiety

A Step by Step Approach

Focus is on caregivers of kids & teens (Grades K-12)

Anxiety is one of the most common mental health complaints in children and teens today. This session will distinguish between normal anxiety and anxiety that is no longer helpful or productive. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain step by step strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as tools designed to reduce anxiety.

When: September 28, 6:30pm - 7:30pm

Where: Zoom (Online)

Technology and the Teenage Brain

Supporting the Digital Wellbeing of Families

For both caregivers and teens together (Grades 7-12)

Technology is a huge part of our children's lives and a common concern for most parents. Social media, video gaming, internet use, and cell phones may already be topics of debate within your family. This session will review how modern technology can impact the developing teenage brain - the risks and also the benefits. Parents and teens will learn ways to have a balanced use of technology to better support positive mental health.

When: September 24, 6:00pm - 7:30pm

Where: Zoom (Online)

Supporting Children and Adolescents with ADHD

Focus is on caregivers of kids & teens (Grades K-12)

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD as well as how ADHD impacts academic achievement, self-worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.

When: September 29, 6:00pm - 7:30pm

Where: Zoom (Online)

REGISTER NOW!

For more information or to REGISTER contact the Boys & Girls Clubs Big Brothers Big Sisters of
Edmonton Staff Fareeda Shoblaq at: 780.471.4079 Or go to:

<https://bgcbigs.ca/caregiver-sessions/>