

Caregiver Education Team Newsletter

April 2025



Recovery Alberta is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6

Part 1:

Wednesday, April 9
12:00 – 1:00 pm

Part 2:

Wednesday, April 16
12:00 – 1:00 pm

Understanding Self-Injury

For parents and caregivers supporting teens in grades 7-12.

Wednesday, April 30
12:00 – 1:00 pm

Adult Education Sessions

Resilience through Connecting, Caring, and Coping

For adults supporting their own wellness or the wellness of a loved one.

Tuesday, April 8
12:00 – 1:00 pm

Substance Use *A Harm Reduction Approach*

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, April 16
6:00 – 7:30 pm

Participant Feedback

“Great session, thank you! I appreciated the specific tips, ideas, and guidance.”

“Great resources and information!”

“You are doing an awesome job...”

“Like the interactive activities. Great information, thank you!”



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

April 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Increasing Wellness Deposits

In this one-hour Lunch & Learn webinar, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

Date: Wednesday, April 9, 2025

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6, for adults only.

Part 2: Reducing Wellness Withdrawals

In this one-hour Lunch & Learn webinar, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

Date: Wednesday, April 16, 2025

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6, for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"I felt it was presented very well. Perfect amount of time and covered each topic just enough. Love the information we received after; it was very helpful."

"Wonderful, professional, informative, thank you!"

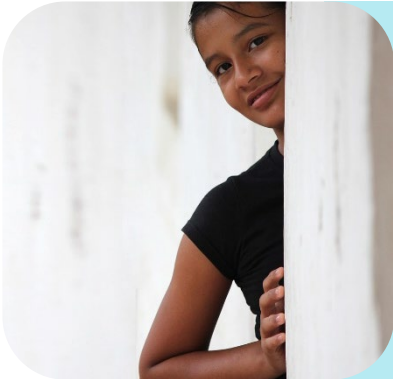


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Participant Feedback:

“I thought the delivery, time, and length were all great.”

“Thank you for sharing your knowledge and time. I learned so much.”

“I find these [sessions] are great reminders to be positive when it is so easy to be negative.”

Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind non-suicidal self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Wednesday, April 30, 2025

Time: 12:00 – 1:00 pm

For caregivers of youth in grades 7-12; for adults only.



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Adult Education Sessions

April 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Resilience through Connecting, Caring, and Coping

Resiliency is something we want, but how do we foster it? Join us for this Lunch & Learn webinar where we look at stress and burnout, the power of resilience in getting through the 'tough stuff', and how self-compassion and self-care are essential to our well-being. We will discuss strategies for building our own personal supportive networks and inner coping skills to strengthen our ability to 'bounce back'.

Date: Tuesday, April 8, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

Substance Use

A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances, the science behind addiction, and the many benefits of harm reduction. We will discuss strategies to support loved ones who may be using substances, through understanding and courageous conversations along the recovery journey.

Date: Wednesday, April 16, 2025

Time: 6:00 – 7:30 pm

For adults supporting their own wellness or the wellness of a youth (grades 7-12) or loved one, for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

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Participant Feedback:

"I ended up liking the virtual delivery more than I thought. I liked typing in my responses to questions."

"The method of engagement was very effective. This made me feel heard. Very gentle, open, inclusive."



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