Free Caregiver Sessions October 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.

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: November 5, 10:00 am - 11:30 am
Where: Zoom (Online)

More than Just a Bad Day

Understanding & Supporting Youth with Depression & Trauma

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

This session will help caregivers increase awareness about adolescents who might be experiencing depression, possibly as a result of trauma. Caregivers will learn about treatment options for depression as well as strategies to help support youth at home and in everyday life.

When: November 25, 12:00 pm - 1:30 pm
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: November 19, 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/