



Parenting Strategies that Promote Positive Mental Health

Fall Sessions September—December 2019

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. Presentations are hosted in schools but are open to all adults to attend.

Building Resiliency in Elementary School Children

Focus is on caregivers of kids in elementary school (Grades K-6).

Approximately 1 in 5 Canadian children are affected by a mental health issue. Explore factors that contribute to mental health and wellness, and learn how you can be your child's greatest mental health asset by using strategies that promote their mental health and wellness. Learn about the different types of stress and how some stress can be helpful in building children's resiliency and future success.

➤ **Register at**
www.surveymonkey.com/r/caregiversessions
or www.cyfcaregivereducation.ca

For more information, contact:
CYFCaregiverEducation@ahs.ca
780-342-6885

DATE: Wednesday, November 6, 2019

TIME: 6:00 – 7:30 pm

LOCATION: St. Philip School
8720 144 Avenue, Edmonton, AB

Notes: This session is for parents only.

DATE: Tuesday, November 19, 2019

TIME: 6:00 – 7:30 pm

LOCATION: Christ the King Elementary
Junior High School
180 McConachie Drive NW, Edmonton, AB

Notes: This session is for parents only.

DATE: Tuesday, November 26, 2019

TIME: 6:00 – 7:30 pm

LOCATION: Esther Starkman School
2717 Terwillegar Way NW, Edmonton, AB

Notes: This session is for parents only.

DATE: Wednesday, November 27, 2019

TIME: 6:00 – 7:30 pm

LOCATION: James Gibbons School
8945 153 Street NW, Edmonton, AB

Notes: This session is for parents only.

DATE: Thursday, November 28, 2019

TIME: 6:00 – 7:30 pm

LOCATION: Holy Spirit Catholic School
100 Michigan Street, **Devon**, AB

Notes: This session is for parents only.

Register Now!

Caregiver Education Series



Regional Collaborative Service Delivery &
Children, Youth, and Families
Addiction and Mental Health, Edmonton Zone