

Caregiver Education Sessions

Winter Session / January – April 2019

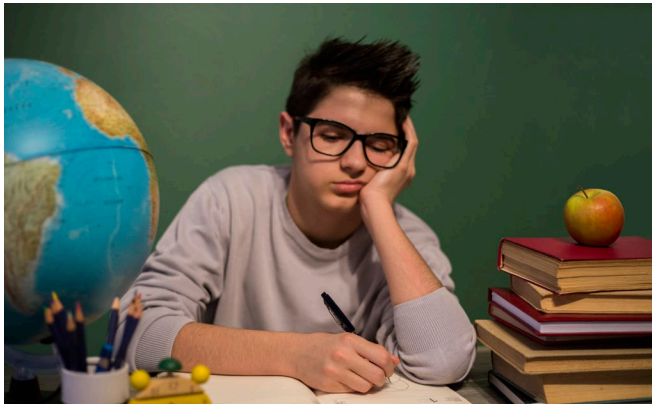
Test Anxiety: Strategies for Success

Does your teen prepare for a test only to freeze or blank out during the test? Does your teen's anxiety hold them back from their full potential? Test and performance anxiety is very common among students. This session will help teens learn how to succeed in spite of their anxiety and help caregivers support their teens to reduce test anxiety. We will explore what happens when a student experiences test anxiety and provide practical strategies and resources for you and your teens to use to manage anxiety symptoms.

★ *Both parents and teens (grade 7 – 12) are encouraged to attend this session together* ★

Register at:

www.cyfcaregivereducation.ca or www.surveymonkey.com/r/caregiversessions

<p>DATE: Tuesday, March 12, 2019 TIME: 6:00 – 7:30 pm LOCATION: Holy Trinity School 7007 28 Avenue NW, Edmonton, AB Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>	<p>DATE: Wednesday, April 17, 2019 TIME: 6:00 – 7:30 pm LOCATION: Salisbury Composite High School 20 Festival Way, Sherwood Park, AB Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>
<p>DATE: Thursday, March 14, 2019 TIME: 5:30 – 7:00 pm LOCATION: W.P. Wagner School 6310 Wagner Road NW, Edmonton, AB Notes: Parents and Teens (Grades 7 – 12) to attend together</p>	<p>DATE: Tuesday, April 30, 2019 TIME: 6:00 – 7:30 pm LOCATION: Rosslyn School 13215 113A Street NW, Edmonton, AB Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>
<p>DATE: Wednesday, March 20, 2019 TIME: 5:30 – 7:00 pm LOCATION: Dan Knott School 1434 80 Street NW, Edmonton, AB Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>	
<p>DATE: Thursday, April 11, 2019 TIME: 6:00 – 7:30 pm LOCATION: Avalon School 5425 – 114 Street, Edmonton, AB Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>	

Please contact the Education Team with questions or if you need to cancel your registration.

CyFCaregiverEducation@ahs.ca

780-415-0074