

Caregiver Education Sessions

Winter Session / January – April 2019

Sleeping Your Way to Better Mental Health

Focus is on caregivers of kids and teens in grades K-12

Come and learn the importance of sleep on your child's developing brain. Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and factors that influence your child's ability to get the sleep they need. Leave with practical strategies, tools, and resources to promote healthier sleep habits for your whole family.

Register at:

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

DATE: Thursday, January 17, 2019
TIME: 5:30 – 7:00 pm
LOCATION: WP Wagner School
6310 Wagner Road NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, February 12, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Archbishop Jordan High School
4001 Emerald Dr., **Sherwood Park, AB**
Notes: This session is for adults only.

DATE: Wednesday, January 30, 2019
TIME: 5:30 – 7:00 pm
LOCATION: TD Baker School
1750 Mill Woods Road East, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, February 20, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Holy Spirit Catholic School
100 Michigan Street, **Devon, AB**
Notes: This session is for adults only.

DATE: Tuesday, February 12, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Holy Trinity School
7007 28 Avenue NW, Edmonton, AB
Notes: This session is for adults only.



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

CYFCaregiverEducation@ahs.ca
780-415-0074