

## Caregiver Education Sessions

### Winter Session / January – April 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.

### Promoting Success in Learning by Building Executive Functioning Skills

Take a peek inside the developing brain of a child to learn about the processes that enable kids to engage in problem solving and goal directed behaviors. These executive functioning skills are considered to be essential for children to succeed in school and later in life. Learn about these skills and how they impact learning, behavior, emotions, and social interactions. Caregivers will be provided with strategies and resources to assist their children in building their executive functioning skills, including inhibition, working memory and mental flexibility.

**Register at:**

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca) or [www.surveymonkey.com/r/caregiversessions](http://www.surveymonkey.com/r/caregiversessions)

**DATE:** Wednesday, January 9, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Earl Buxton School  
250 Rhatigan Road E, NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, February 13, 2019  
**TIME:** 6:00 - 7:30 pm  
**LOCATION:** Grandin School  
9844 110 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, January 16, 2019  
**TIME:** 6:00 - 7:30 pm  
**LOCATION:** Dovercourt School  
13910 122 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Tuesday, February 19, 2019  
**TIME:** 6:00 - 7:30 pm  
**LOCATION:** Calder School  
12950 118 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, January 23, 2019  
**TIME:** 6:00 - 7:30 pm  
**LOCATION:** New Horizons School  
1000 Strathcona Drive, **Sherwood Park, AB**  
**Notes:** This session is for adults only.

**DATE:** Wednesday, February 6, 2019  
**TIME:** 6:00 - 7:30 pm  
**LOCATION:** Queen Alexandra School  
7730 106 Street 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](mailto:CyFCaregiverEducation@ahs.ca)

780-415-0074