

## Caregiver Education Sessions

Spring Session / May – June 2019

### Breaking the Cycle of Anxiety: A Step by Step Approach

*Focus is on caregivers of kids and teens in 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.

**Register at:**

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

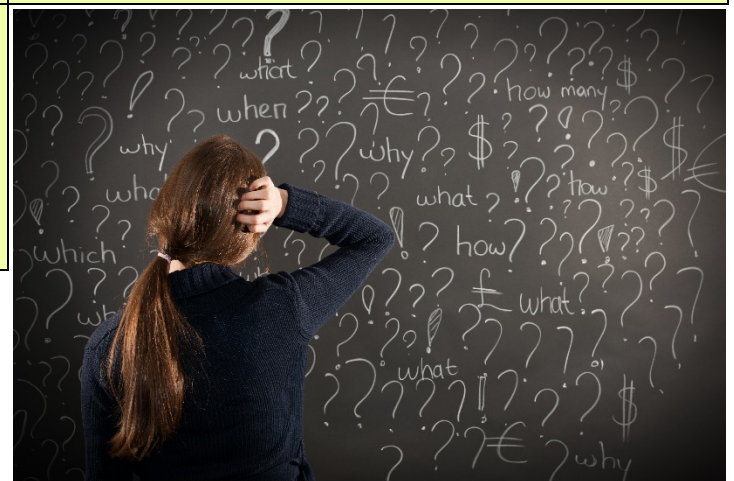
**DATE:** Wednesday, May 1, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Strathcona County Family and Community Services  
#200, 501 Festival Avenue, **Sherwood Park**, AB  
**Notes:** This session is for adults only.

**DATE:** Thursday, May 16, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** École Leduc Jr. High School  
4412 48 Street, **Leduc**, AB  
**Notes:** This session is for adults only

**DATE:** Wednesday, May 8, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Calder School  
12950 118 Street NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Tuesday, June 4, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Parkland Immanuel Christian School  
21304 35 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Tuesday, May 14, 2019  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Archbishop O’Leary School  
8760 132 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.



#### Parent Participant Feedback

*“I went to 3 of these sessions this fall and I learned valuable info at each one!”*

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