

# Caregiver Education Team Newsletter

March 2025



Recovery Alberta is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

## Caregiver Education Sessions

### Keeping Scattered Kids on Track

*Supporting Children and Youth with ADHD*

For parents and caregivers of children and youth in grades K-12

#### Part 1:

Tuesday, March 4, 2025  
12:00 – 1:00 pm

#### Part 2:

Tuesday, March 11, 2025  
12:00 – 1:00 pm

### Test Anxiety

*Strategies for Success*

For parents and teens (grades 7-12) to attend together

Wednesday, March 19  
6:00 – 7:30 pm

## Caregiver Education Sessions

### Collaborative Problem Solving

For parents and caregivers of children and youth in grades K-12

#### Part 1:

Wednesday, March 19  
12:00 – 1:00 pm

#### Part 2:

Wednesday, March 26  
12:00 – 1:00 pm

## Participant Feedback

“Thank you for the useful information that was well-presented!”

“Topic selection was excellent with time bound interaction.”

“Everything is perfect, especially [the presenters] who are amazing, perfectly aligned with the topic.”



Professional Practice & Education Services  
Edmonton

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions

March 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

## Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come to these **Lunch & Learn sessions** and learn about the signs and symptoms of ADHD, ways that ADHD impacts achievement, self-worth, and relationships in children and youth, and strategies to support success.

### Part 1: Tuesday, March 4, 2025

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

### Part 2: Tuesday, March 11, 2025

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

### Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

### Participant Feedback:

“Thanks for doing these courses. They are wonderful!”

“I feel the information was good considering the limited amount of time. Thank you.”

“Great presenters and good resources.”



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## Test Anxiety Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

**Date: Wednesday, March 19**

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.

## Collaborative Problem Solving

In these online sessions, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

### Part 1:

**Date: Wednesday, March 19, 2024**

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

### Part 2:

**Date: Wednesday, March 26, 2024**

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

## Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

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## Participant Feedback:

“The session was very informative and well-structured.”

“The delivery method was great!”

“This will be helpful in my personal and professional life.”



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