



# Test Anxiety

## Winter Sessions January - March 2020

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.

## Strategies for Success

*This session is for caregivers and teens together (Grades 7-12).*

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 teen to use to manage anxiety symptoms.

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

For more information, contact:  
[CYFCaregiverEducation@ahs.ca](mailto:CYFCaregiverEducation@ahs.ca)  
780-342-6885

**DATE:** Tuesday, January 7, 2020  
**TIME:** 5:00 – 6:30 pm  
**LOCATION:** Jasper Place School  
**8950 163 Street NW, Edmonton, AB**  
**Notes:** Parents and teens (Grades 7-12) to attend together.

**DATE:** Wednesday, January 15, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Parkland Immanuel Christian School  
**21304 35 Avenue NW, Edmonton, AB**  
**Notes:** Parents and teens (Grades 7-12) to attend together.

### Parent Feedback

"Thank you for including teens in this class. Videos were great supplemental info."

"Very simple and to the point, easy understandable information. Resources to take away to use with students are beneficial."

### Teen Feedback

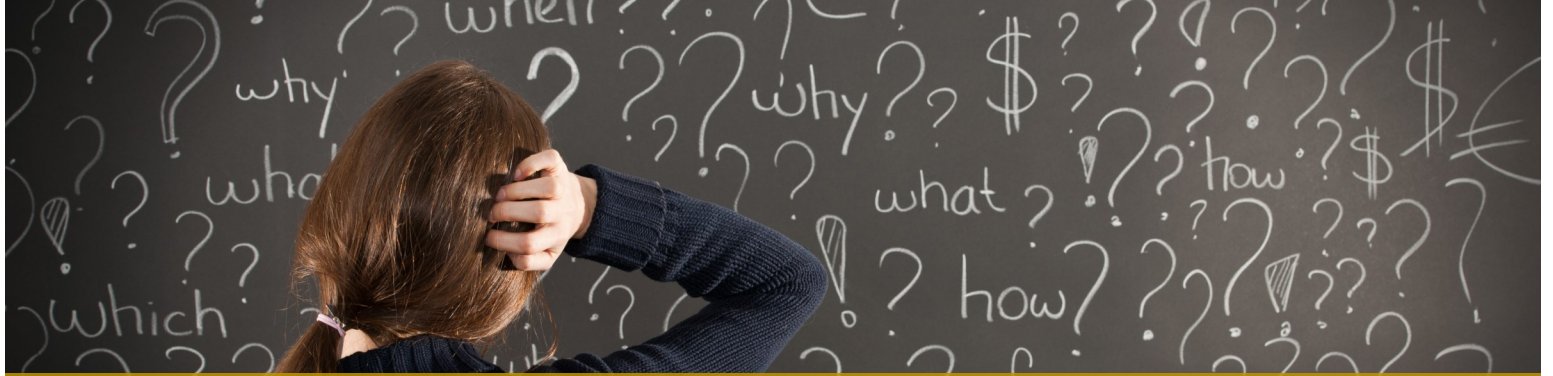
"Thank you so much. I found this extremely helpful and I enjoyed it."

**Register Now!**

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# Breaking the Cycle of Anxiety

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**DATE:** Tuesday, January 14, 2020

**TIME:** 6:00 – 7:30 pm

**LOCATION:** St. Clement School

**7620 Mill Woods Road South NW, Edmonton, AB**

**Notes:** This session is for adults only.

**DATE:** Thursday, January 30, 2020

**TIME:** 6:00 – 7:30 pm

**LOCATION:** Sister Annata Brockman School

**355 Hemmingway Road NW, Edmonton, AB**

**Notes:** This session is for adults only.

**DATE:** Thursday, February 13, 2020

**TIME:** 6:00 – 7:30 pm

**LOCATION:** Archbishop O’Leary School

**8760 132 Avenue NW, Edmonton, AB**

**Notes:** This session is for adults only.

**DATE:** Wednesday, February 19, 2020

**TIME:** 6:00 – 7:30 pm

**LOCATION:** Holy Trinity School

**7007 28 Avenue NW, Edmonton, AB**

**Notes:** This session is for adults only.

**DATE:** Wednesday, February 26, 2020

**TIME:** 6:00 – 7:30 pm

**LOCATION:** École Leduc Estates School

**95 Alton Drive, Leduc, AB**

**Notes:** This session is for adults only.

## A Step by Step Approach

*Focus is on caregivers of kids and teens (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**

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

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# Parenting Teens in the 21st Century

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**DATE:** Thursday, January 16, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Florence Hallock School  
**16437 97 Street NW, Edmonton, AB**  
**Notes:** This session is for adults only.

**DATE:** Wednesday, January 22, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Louis St. Laurent School  
**11230 43 Avenue NW, Edmonton, AB**  
**Notes:** This session is for adults only.

**DATE:** Tuesday, January 28, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** St. Basil School  
**10210 115 Avenue NW, Edmonton, AB**  
**Notes:** This session is for adults only.

**DATE:** Tuesday, February 11, 2020  
**TIME:** 5:30 – 7:00 pm  
**LOCATION:** Westminster School  
**13712 104 Avenue NW, Edmonton, AB**  
**Notes:** This session is for adults only.

**DATE:** Tuesday, February 25, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Rosslyn School  
**13215 113 A Street NW, Edmonton, AB**  
**Notes:** This session is for adults only.

## Respectful Limit Setting with Adolescents

*Focus is on caregivers of teens (Grades 7-12).*

Wondering how you'll survive the teen years? Parenting teens is harder than ever for most parents today. In this session, you will explore the challenges of being a teenager and a parenting teenagers. You will learn how to establish healthy, respectful boundaries with your teen so that you can spend less time arguing and more time enjoying each other's company.

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# Sleeping Your Way to Better Mental Health

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### ***Focus is on caregivers of kids and teens (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.

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780-342-6885

## SPACE IS LIMITED

**DATE:** Tuesday, January 21, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** St. Philip School  
**8720 144 Avenue NW, Edmonton, AB**  
**Notes:** This session is for adults only.

**DATE:** Tuesday, February 4, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Calder School  
**12950 118 Street NW, Edmonton, AB**  
**Notes:** This session is for adults only.

**DATE:** Thursday, February 6, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** St. Leo School  
**5412 121 Avenue NW, Edmonton, AB**  
**Notes:** This session is for adults only.

**DATE:** Thursday, February 27, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Beaumont Composite High School  
**5417 43 Avenue, Beaumont, AB**  
**Notes:** This session is for adults only.

**DATE:** Thursday, March 5, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** St. André Bessette School  
**8300 Southfort Drive, Fort Saskatchewan, AB**  
**Notes:** This session is for adults only.

### Parent Feedback

"Lots of information to use on my children. I can even try some of these on myself to help improve my sleep patterns."

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# Executive Functioning

## Winter Sessions January - March 2020

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### Promoting Success in Learning

*Focus is on caregivers of kids in elementary school (Grades K-6).*

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.

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**DATE:** Wednesday, January 29, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Esther Starkman School  
**2717 Terwillegar Way NW, Edmonton, AB**  
**Notes:** This session is for adults only.

**DATE:** Wednesday, February 5, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Gold Bar School  
**10524 46 Street NW, Edmonton, AB**  
**Notes:** This session is for adults only.

**DATE:** Wednesday, February 12, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Grandin School  
**9844 110 Street NW, Edmonton, AB**  
**Notes:** This session is for adults only.

**DATE:** Tuesday, February 18, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Lakeland Ridge School  
**101 Crimson Drive, Sherwood Park, AB**  
**Notes:** This session is for adults only.

**DATE:** Wednesday, February 20, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Rideau Park School  
**10605 42 Avenue NW, Edmonton, AB**  
**Notes:** This session is for adults only.

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# Mindfulness

## Winter Sessions January - March 2020

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## Benefits for the Whole Family

*Focus is on caregivers of kids and teens (Grades K-12).*

Have you heard about mindfulness? Interest in mindfulness is growing rapidly in schools, communities, and in health-care settings as an evidence-based way of promoting wellness in children, teens, and adults. It can build empathy and optimism in kids, and enhance school performance by supporting the development of executive function (e.g. attention) and self-regulation skills. Caregivers will learn activities the whole family can use to reduce stress and enhance wellbeing.

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**DATE:** Tuesday, March 3, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Michael A. Kostek School  
**5303 190 Street NW, Edmonton, AB**  
**Notes:** This session is for adults only.

**DATE:** Wednesday, March 18, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Mother Margaret Mary School  
**2010 Leger Road NW, Edmonton, AB**  
**Notes:** This session is for adults only.

### Parent Feedback

“I appreciate the resources page with recommended books and websites. The craft ideas look easy to do at home and something I can use with my family. Informative presentation! Thank you!”

“Very nice and knowledgeable info. I love mindfulness and can’t wait to practice it more.”

“A very well-put together presentation that was relevant to my personal life and professional life. Thank you!”

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# Keeping Scattered Kids on Track

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**DATE:** Wednesday, March 4, 2020

**TIME:** 6:00 – 7:30 pm

**LOCATION:** Willow Park School  
**5212 52 Street, Leduc, AB**

**Notes:** This session is for adults only.

**DATE:** Tuesday, March 10, 2020

**TIME:** 6:00 – 7:30 pm

**LOCATION:** Rosslyn School  
**13215 113 A Street NW, Edmonton, AB**

**Notes:** This session is for adults only.

## Supporting Children and Adolescents with ADHD

*Focus is on caregivers of kids and teens (Grades K-12).*

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self-worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children as adolescents with ADHD.

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### Parent Feedback

“Session gave info that I didn’t know before – Most of the information made sense and outlined properly how to deal with this issue.”

“Great presentation. Clear and concise information. Good strategies to try and good explanation of underlying brain mechanics that could be causing it.”

“Thank you for your knowledge. The presentation was great - it makes me feel like things can get better. Never give up.”

**Register Now!**

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# Technology and the Teenage Brain


## Winter Sessions January - March 2020

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## Supporting the Digital Wellbeing of Families

*This session is for caregivers and teens together (Grades 7-12).*

Technology is a huge part of our children’s lives—and a common concern for most parents who are learning how to keep up in an ever changing world. Social media, video gaming, internet use and cell phones may already be topics of debate within your family. Come together to learn how this modern use of technology can impact the developing teenage brain. This session will review some of the risks but also the benefits of technology. Parents and teens will learn ways to stay safe and balanced in the use of technology to better support positive mental health.

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**780-342-6885**

**DATE:** Wednesday, March 11, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** Johnny Bright School  
**1331 Rutherford Road SW, Edmonton, AB**  
**Notes:** Parents and teens (Grades 7-12) to attend together.

**DATE:** Thursday, March 19, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** St. Clement School  
**7620 Mill Woods Rd South NW, Edmonton, AB**  
**Notes:** Parents and teens (Grades 7-12) to attend together.

**DATE:** Tuesday, March 31, 2020  
**TIME:** 6:00 – 7:30 pm  
**LOCATION:** S. Bruce Smith School  
**5545 184 Street NW, Edmonton, AB**  
**Notes:** Parents and teens (Grades 7-12) to attend together.

### Parent Feedback

“Appreciate the latest stats and research that were referenced. Loved the balanced views given – I feel both teens and parents left empowered to more meaningful change.”

“Excellent information that I can take home and discuss with my family to make decisions that work for us.”

### Teen Feedback

“I enjoyed this session very much. Great!”

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# Supporting Self-Regulation in Elementary School Children

**Winter Sessions**  
**January - March 2020**

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***Focus is on caregivers of kids in elementary school (Grades K-6).***

Do you wish you have more information to help children handle strong emotions? Did you know that self-regulation is an essential element to lifelong success? This session will define self-regulation and how it is used in everyday life. It will provide a helpful review regarding the development of self-regulation in children. The strategies and resources provided will empower and foster caregivers' essential skills to increase children's mental health and resiliency.

➤ **Register at**  
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For more information, contact:  
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780-342-6885

**DATE:** Tuesday, March 17, 2020

**TIME:** 6:00 – 7:30 pm

**LOCATION:** Lee Ridge School  
**440 Millbourne Road East NW, Edmonton, AB**

**Notes:** This session is for adults only.

## Parent Feedback

"Can't wait to try some of these new ways to help my daughter regulate! Thank you!"

"Well presented. Facilitator was very knowledgeable and clear. Videos were great. Thank you!"

"For 1 ½ hours, I was very impressed with the quality/breadth of material covered. Thank you very much."

"Superb presentation both in regard to content, visual presentation, format, and presenter."

"The leader made the session interesting and gave some very practical and helpful examples and suggestions. Thanks for the great take home resources too!!"

**Register Now!**

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