



Breaking the Cycle of Anxiety

Fall Sessions September—December 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.

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
www.surveymonkey.com/r/caregiversessions
or www.cyfcaregivereducation.ca
Call 780-342-6885 for more information.

DATE: Wednesday, October 23, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Gold Bar School
10524 46 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Wednesday, September 18, 2019
TIME: 6:00 – 7:30 pm
LOCATION: S. Bruce Smith School
5545 184 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Tuesday, September 24, 2019
TIME: 5:30 – 7:00 pm
LOCATION: Windsor Park School
8720 118 Street NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Wednesday, October 2, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Virginia Park School
7324 109 Avenue, Edmonton, AB
Notes: This session is for parents only.

DATE: Tuesday, October 8, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Rudolph Hennig School
9512 92 Street, **Fort Saskatchewan**, AB
Notes: This session is for parents only.

DATE: Wednesday, October 9, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Mother Margaret Mary High School
2010 Leger Road NW, Edmonton, AB
Notes: This session is for parents only.

DATE: Thursday, October 17, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Blueberry School
Mail Bag 700, 1532 Parkland Drive, **Stony Plain**, AB
Notes: This session is for parents only.

Caregiver Education Series



**Alberta Health
Services**

Regional Collaborative Service Delivery &
Children, Youth, and Families
Addiction and Mental Health, Edmonton Zone