



**Register Fast!
Spaces are Filling
Up!**

Caregiver Education Series

Breaking the Cycle of Anxiety

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.

Date #1: Tuesday, October 22, 2019

Time: 6:00 pm—7:30 pm

Location: West Club, 16030 104 Avenue NW

Date #2: Tuesday, October 29, 2019

Time: 6:00 pm—7:30 pm

Location: McCauley Club, 9425 109A Avenue

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 clubs and are open to all adults to attend.

Supporting Self-Regulation

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

Do you wish you have more information to help elementary aged 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.

Date: Thursday, November 7, 2019

Time: 6:00 pm—7:30 pm

Location: Rundle Club, 3112 113 Avenue NW

Child Minding Available

For more information or to **register** contact the Boys & Girls Club Big Brothers Big Sisters of Edmonton Facilitator Fareeda Shoblaq at: **780.471.4079** or Sentsetsa Pilane at: **780.822.2530**

Or go to: <https://www.surveymonkey.com/r/CaregiverEducationBGCBigsFall2019>



Child, Youth & Family
Addiction & Mental Health



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area

Caregiver Education Series

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Technology and the Teenage Brain

Supporting the Digital Wellbeing of Families

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

Technology is a huge part of our children's lives and a common concern for most parents. Social media, video gaming, internet use, and cell phones may already be topics of debate within your family. This session will review how modern technology can impact the developing teenage brain - the risks and also the benefits. Parents and teens will learn ways to have a balanced use of technology to better support positive mental health.

Date #1: Saturday, November 16, 2019

Time: 2:00 pm – 3:30 pm

Location: Tweedle Club, 8308 42A Avenue NW

Date #2: Tuesday, November 19, 2019

Time: 6:00 pm—7:30 pm

Location: West Club, 16030 104 Avenue NW

Child Minding Available

For more information or to **REGISTER** contact the
Boys & Girls Club Big Brothers Big Sisters of Edmonton

Facilitator Fareeda Shoblaqat: **780.471.4079**

or Sentsetsa Pilane at: **780.822.2530**

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Helping Your Child Succeed in School

Focus is on caregivers of kids in grades K-6.

Executive functioning skills are essential for children to succeed, but what are they exactly? Take a peek inside the developing brain of a child to 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 developing inhibition, working memory and mental flexibility skills.

Date: Saturday, November 30, 2019

Time: 10:00 am—11:30 am

Location: Duggan Club, 5-3724 105 Street

More than Just a Bad Day

Understanding & Supporting Youth with Depression & Trauma

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

This session will help caregivers increase awareness about adolescents who might be experiencing depression, possibly as a result of trauma. Caregivers will learn about treatment options for depression as well as strategies to help support youth at home and in everyday life.

Date: Tuesday, December 3, 2019

Time: 6:00 pm—7:30 pm

Location: McCauley Club, 9425 109A Avenue