

Caregiver Education Series

The Division, in partnership with Alberta Health Services and Elk Island Catholic Schools, is hosting a series of caregiver information sessions focused on ways to support students' mental health. The sessions are free and geared toward parents, caregivers, teachers and community members who want to learn more about challenges impacting children and adolescents. This year, session topics include anxiety, ADHD, depression, self-harm, technology, teens and teaching leadership skills, and more.

Wednesday, November 7-19 6-6:30pm

Location: Elk Island Catholic Schools Central Learning Services 310 Broadview Road

Topic: Keeping Scattered kids on track: Supporting children and adolescents with ADHD

Tuesday, February 18-20 6:00-7:30pm

Location: Lakeland Ridge School 101 Crimson Drive

Topic: Promoting Success in Learning by Building Executive Functioning Skills

Thursday, March 5-2020 6:00-7:30pm

St Andre Bessette, 8300 South Fort Drive

Topic: Sleeping your way to better mental health

Thursday, April 16-20 6:00-7:30pm

Location: F.R. Haythorne Junior High 300 Colwill Blvd.

Topic: Technology and the Teenage Brain: Parents & Teens (Gr. 7-12) to attend together

Thursday, May 7-20 6:00-7:30pm

Location: Elk Island Catholic Schools Central Learning Services 310 Broadview Road

Topic: More than just a bad day: understanding depression and self-injury

Thursday, June 14-20 6:00-7:30

Location: Salisbury High School 20 Festival Way

Topic: Test Anxiety - Strategies for Success. Parents & Teens to attend together

