

# Caregiver Education Team Newsletter

## January 2026



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.

### January Education Sessions

#### Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and teens.

##### **Part 1:** **An Introduction**

Wednesday, January 7  
12:00 – 1:00 pm

##### **Part 2:** **Calming Our Bodies**

Wednesday, January 14  
12:00 – 1:00 pm

##### **Part 3:** **Settling Our Minds**

Wednesday, January 21  
12:00 – 1:00 pm

##### **Part 4:** **Overcoming Avoidance**

Wednesday, January 28  
12:00 – 1:00 pm



### January Education Sessions

#### Body Image and Eating Disorders

For parents and caregivers supporting youth (Grades 7-12)

**Part 1:**  
Tuesday, January 20  
12:00 – 1:00 pm

**Part 2:**  
Tuesday, January 27  
12:00 – 1:00 pm

### February Education Sessions

#### Keeping Scattered Kids on Track

*Supporting Children and Adolescents with ADHD*

For parents and caregivers supporting children and youth (Grades K-12)

**Part 1:**  
Tuesday, February 17  
12:00 – 1:00 pm

**Part 2:**  
Tuesday, February 24  
12:00 – 1:00 pm

### February Education Sessions

#### More than Just a Bad Day *Understanding Depression*

For adults supporting their own wellness or the wellness of a loved one.

Monday, February 9  
12:00 – 1:00 pm

#### Plugging In *Enhancing our Mental Health in our Digital Lives*

For adults supporting their own wellness or the wellness of a loved one.

Monday, February 23  
12:00 – 1:00 pm



Professional Practice & Education Services  
Edmonton

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

# January Education Sessions

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

## Understanding Anxiety Series

### Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

**Date: Wednesday, January 7, 2026**

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

### Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

**Date: Wednesday, January 14, 2026**

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

### Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

**Date: Wednesday, January 21, 2026**

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

### Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will discuss ways to manage stressful situations in steps and effective coping skills.

**Date: Wednesday, January 28, 2026**

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Recovery Alberta

### 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

"I liked the visuals and easy to understand presentation. It helps me to be able to communicate more easily with [my family]."

"I like the hour-long session, as I don't have a lot of time."



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## Participant Feedback

“The presenters were professional and friendly. The learning environment felt safe and I felt confident learning from the presenters. Thank you for providing these valuable education sessions!”



# February Education Sessions

Recovery Alberta



These free sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all.

## More than Just a Bad Day Understanding Depression

In this session, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

**Date: Monday, February 9, 2026**

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

## Plugging In Enhancing our Mental Health in our Digital Lives

Technology is woven into nearly every part of our daily lives—connecting us, entertaining us, and even supporting our health. But when does helpful tech turn into harmful use? This interactive session explores both sides of our digital world: how technology supports wellness and where it can negatively affect sleep, stress, relationships, and mental health. Together we'll look at problematic screen use and discuss practical strategies to build a healthier relationship with our devices. We'll look at ways to support ourselves and our families towards a more intentional use of technology to support balance and well-being.

**Date: Monday, February 23, 2026**

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

## Registration:

Sessions are offered online through the Zoom conferencing application.

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## Participant Feedback

“The trainers were awesome and engaging so well with us, felt like i was in class training. Keep up the great work. Thank you.”



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## 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, February 17, 2026

Time: 12:00 – 1:00 pm

For parents and caregivers supporting children and youth (Grades K-12)

### Part 2: Tuesday, February 24, 2026

Time: 12:00 – 1:00 pm

For parents and caregivers supporting children and youth (Grades K-12)

## 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:

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## Participant Feedback”

“This was a great session. Lots of good takeaways. Thank you for offering these sessions. They provide me with tips and tricks to be a better parent...”



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