

# Caregiver Education Team Newsletter

March / April 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.

## March Education Sessions

### Understanding Anxiety Series

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

**Part 1:**

**An Introduction**

Monday, March 2  
12:00 – 1:00 pm

**Part 2:**

**Calming Our Bodies**

Monday, March 9  
12:00 – 1:00 pm

**Part 3:**

**Settling Our Minds**

Monday, March 16  
12:00 – 1:00 pm

**Part 4:**

**Overcoming Avoidance**

Monday, March 23  
12:00 – 1:00 pm

## March Education Sessions

### Collaborative Problem Solving

For parents and caregivers of children and youth in grades K-12

**Part 1:**

Tuesday, March 24  
12:00 – 1:00 pm

**Part 2:**

Tuesday, March 31  
12:00 – 1:00 pm

## April Education Sessions

### Understanding Autism

For parents and caregivers of children in grades K-12

**Part 1:**

Tuesday, April 14  
12:00 – 1:00 pm

**Part 2:**

Tuesday, April 21  
12:00 – 1:00 pm

## April Education Sessions

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

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

Tuesday, April 7  
12:00 – 1:00 pm



Professional Practice & Education Services  
Edmonton

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

# March Education Sessions

Recovery Alberta

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: Monday, March 2, 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: Monday, March 9, 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: Monday, March 16, 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: Monday, March 23, 2026**

Time: 12:00 – 1:00 pm

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

## 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 thought it was really well presented. The time was good, speed was good...the videos and examples were very helpful, and I appreciate the positive ending.”



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# March Education Sessions



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

## Collaborative Problem Solving

In these online sessions, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

### Part 1:

**Date: Tuesday, March 24, 2026**

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

### Part 2:

**Date: Tuesday, March 31, 2026**

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

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.

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## Participant Feedback

“I thought it was well delivered and quite informative.”

“Wonderfully presented, exceptional resource, highly recommended....”



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# April Education Sessions



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: Tuesday, April 7, 2026**

Time: 12:00 – 1:00 pm

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

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.

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### Participant Feedback

“I learned many interesting facts - thank you!”

“I am grateful for these sessions. They are short and insightful.”



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# April 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.

## Understanding Autism

In this introduction to autism spectrum disorder (ASD), participants will learn how ASD may affect the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

### Part 1: Tuesday, April 14, 2026

Time: 12:00 – 1:00 pm

For parents and caregivers of children and youth grades K-12; for adults only.

### Part 2: Tuesday, April 21, 2026

Time: 12:00 – 1:00 pm

For parents and caregivers of children and youth grades K-12; for adults only.

## 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”

“I found these sessions, extremely helpful and will be using all of the suggestions given, it is much appreciated. I have already shared a lot of the materials with family and friends and even coworkers.”



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