

Caregiver Education Sessions

Fall Poster- September – December 2018

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.


Technology and the Teenage Brain

Technology is a huge part of our children's lives – and a common concern for most parents who are learning how to keep up in an ever changing world. Social media, video gaming, internet use and cell phones may already be topics of debate within your family. Come together to learn how this modern use of technology can impact the developing teenage brain. This session will review some of the risks but also the benefits of technology. Parents and teens will learn ways to stay safe and balanced in their use of technology to better support positive mental health.

★ **Both parents and teens (grades 7 – 12) are encouraged to attend this session together.** ★

Register for a Technology and the Teenage Brain session at:

<https://www.surveymonkey.com/r/caregiversessions>

<p>DATE: Tuesday, September 11, 2018 TIME: 6:00-7:30pm LOCATION: Rudolph Hennig Jr. High School 9512 - 92 Street, Fort Saskatchewan, AB ★ Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>	<p>DATE: Tuesday, October 16, 2018 TIME: 5:30 – 7:00 pm LOCATION: Kate Chegwin School 3119 - 48 Street NW, Edmonton, AB Notes: Parents and Teens (Grades 7 – 12) to attend together. ★</p>
<p>DATE: Thursday, September 20, 2018 TIME: 6:00-7:30pm LOCATION: John D. Bracco School 3150 - 139 Avenue NW, Edmonton, AB ★ Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>	<p>DATE: Thursday, November 22, 2018 TIME: 6:00-7:30pm LOCATION: Florence Hallock School 16437 - 87 Street NW, Edmonton, AB Notes: Parents and Teens (Grades 7 – 12) to attend together. ★</p>
<p>DATE: Thursday, September 27, 2018 TIME: 6:00-7:30pm LOCATION: Esther Starkman School 2717 Terwillegar Way NW, Edmonton, AB ★ Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>	

**Please contact the Education Team
with questions or if you need to
cancel your registration.**

CYFCaregiverEducation@ahs.ca

780-415-0074