

# Community Education Service

## Newsletter October 2014

**Youth, Sexuality & New Media**

**Presenter: Becky Van Tassel, BSW, RSW,  
Training Centre Coordinator, Calgary Sexual  
Health Centre**

**Wednesday October 1, 2014**

6:30 pm - 8:00 pm  
Alberta Children's Hospital  
B2-200 (2<sup>nd</sup> floor)  
2888 Shaganappi Trail NW

How have new media and technology changed young people's views of sexuality and relationships? This session will address the reality of what is accessible and how youth are responding. Most importantly, we will explore the role of parents and other adults in facilitating healthy sexual decisions, including healthy use of technology.

**Audience Level I****Understanding Separation Behaviours**

**Presenters: Monique Lawrence, M.Ed., R. Psych.,  
& Lisa Palmer, MSW, RSW, Alberta Health Services**

**Thursday October 2, 2014**

6:30 pm - 8:00 pm  
A Child First Preschool Inc.™  
214 - 10 Chaparral Drive SE

This session will provide parents an opportunity to understand children's separation behaviours through an exploration of their child's unique temperamental style and developmental stage. This session will also discuss how children develop a sense of security, why some children demonstrate separation anxiety, and how to support children through this. This session will utilize video, group discussion and demonstration.

**Audience Level I****Post Partum Depression**

**Presenters: Amy Paranich, MSW, RSW &  
Amy Marshall, RN, MN, Family Counsellors,  
Perinatal Mental Health Program, AHS**

**Tuesday October 7, 2014**

11:00 am - 12:30 pm  
Alberta Children's Hospital  
Kinsmen Learning Centre (4th floor)  
2888 Shaganappi Trail NW

This presentation will provide an overview of post partum depression. We will discuss its overall prevalence in the community, what the potential risk and mitigating factors are and common symptoms. Assessment tips, best practices, community resources and the potential impact on the parent/child relationship will also be discussed.

**Audience Level II / Telehealth / Audioline Available****Limited child care available, please call 403 955 2500 - Must Reserve 2 Weeks in Advance****All sessions are free of charge (parking fees may apply).**

# Community Education Service

## October 2014

**Laugh Until it Helps:****Building Resilience Through Humour and Laughter**

**Presenter: Cheryl Oberg \*SPARKLE\* Therapeutic Clown Program  
at the Alberta Children's Hospital**

**Tuesday October 7, 2014**

6:30 pm - 8:00 pm

Alberta Children's Hospital

B2-200 (2nd floor)

2888 Shaganappi Trail NW

In helping children be more resilient, the goal is not to deny the reality of their struggles but rather to recognize areas of special need & help them gain insight into their talents and inner strengths.

Knowing how to face up to & answer tough questions, connect with people in ways that are helpful, & deal with frustration with creativity, imagination & even humour are all ways we can teach children to become more independent & enjoy success in school & in the community.

**Audience Level I****Building a Digital Citizen**

**Presenter: Retired Constable Kathy Macdonald, M.O.M,  
MSc., Cybersafety Specialist, YouthLink Calgary**

**Thursday October 9, 2014**

6:30 pm - 8:00 pm

Alberta Children's Hospital

Kinsmen Learning Centre (4th floor)

2888 Shaganappi Trail NW

This presentation aims to build trust around the internet and between users, as well as provide tips and suggestions to make the online experience safer and healthier. Also to be discussed are use of privacy settings, avoiding over-sharing of personal information on social media sites, what to do about cyberbullying and options for getting help. Ideas around using mobile devices safely and responsibly will also be discussed.

**Audience Level I****Siblings Without Rivalry**

**Presenter: Barb Elder, B. Ed, CAL, CCFE, Families Matter**

**Tuesday October 14, 2014**

7:00 pm - 8:30 pm

Community Links Room 216B

211, 125 Main Street NW

Airdrie

This session will consider the difference between sibling disputes and sibling rivalry; how parents unwittingly contribute to these two types of conflicts; and offer strategies to lessen the intensity of the sibling conflicts while helping children learn how to handle conflicts effectively.

**Audience Level I**

All sessions are **free** of charge (parking fees may apply).

# Community Education Service

## October 2014

**Introduction to Infant Sign Language**  
**Presenter: Melody Hazelton,**  
**Certified "My Smart Hands" Instructor**

**Wednesday October 15, 2014**  
6:30 pm - 8:00 pm  
Fish Creek Library  
11161 Bonaventure Drive SE

Imagine communicating with your baby before they can even speak. Baby sign language reduces frustration, accelerates verbal development and strengthens cognitive skills. It also enhances child-parent bonding through time spent teaching signs to your baby. Research shows that preverbal infants can communicate through the use of sign language long before they can verbalize their needs. During this session the skills and knowledge necessary to communicate with your preverbal, hearing baby, will be explained using examples from American Sign Language (ASL) signs. Some basic infant signs will be taught along with a history and overview of infant sign language.

**Children under 18 months can attend but please inform CES if your child is coming prior to the session via email or phone call when you register; unregistered children will not be permitted due to fire and health and safety regulations. We thank you for your co-operation.**

Audience Level I

**Supporting Anxious Children: From Recognition to Response**  
**Presenter: Deborah Walchuk, B. Ed. M. A., R. Psych.,**  
**Alberta Health Services**

**Wednesday October 15, 2014**  
7:00 pm - 9:00 pm  
Tom Baines School  
250 Edgepark Blvd NW

Participants will learn to better understand and recognize anxiety in children and adolescents. The presentation will review the "Do's and Don't Do's" in supporting an anxious child, and will introduce a variety of strategies to better support children. Participants will also gain a clearer idea of when children should be referred for further assistance.

Audience Level I

**Videogame Addiction**  
**Presenter: Peter Churchill, M. Ed, PChAD,**  
**Clinical Supervisor & Family Counsellor,**  
**Alberta Health Services**

**Thursday October 16, 2014**  
6:30 pm - 8:00 pm  
Midnapore School  
55 Midpark Rise SE

Learners will develop an awareness of the popularity, the content, and the risks and benefits of videogames and online gaming.

Audience Level I

# Community Education Service

## October 2014

**Understanding Pregnant Women and Substance Abuse**  
**Presenter: Kendall Brown, BHSc., B. Ed., Addictions Counsellor, Alberta Health Services**



**Thursday October 23, 2014**  
11:30 am - 1:00 pm  
Alberta Children's Hospital  
Kinsmen Learning Centre (4th floor)  
2888 Shaganappi Trail NW

Participants will learn the following:

- 1) Why do people use substances?
- 2) What barriers do women face when accessing treatment?
- 3) Understand the effects of pre-natal substance use (FASD, SIDS)
- 4) Treatment options and available resources in the community

Audience Level I / Telehealth / Audioline Available  
Limited child care available, please call 403 955 2500 - **Must Reserve 2 Weeks in Advance**

**Building a Digital Citizen**  
**Presenter: Retired Constable Kathy Macdonald, M.O.M, MSc., Cybersafety Specialist, YouthLink Calgary**

**Thursday October 23, 2014**  
6:30 pm - 8:00 pm  
Bert Church High School  
1010 East Lake Blvd, Airdrie

This presentation aims to build trust around the internet and between users, as well as provide tips and suggestions to make the online experience safer and healthier. Also to be discussed are use of privacy settings, avoiding over-sharing of personal information on social media sites, what to do about cyberbullying and options for getting help. Ideas around using mobile devices safely and responsibly will also be discussed.

Audience Level I

**Street Drugs**  
**Presenter: Detective Doug Hudacin, Drug Expert, Calgary Police Service**

**Monday October 27, 2014**  
6:30 pm - 8:00 pm  
Hull Services - Social Room  
2266 Woodpark Ave SW

This presentation will address common street drugs in the City of Calgary and its surrounding communities, their use and symptoms of use.

Audience Level I

# Community Education Service

## October 2014

**Conflict Between Separated Parents and Its Effect on Your Children**  
**Presenter: John-Paul Boyd, M.A. LL.B., Executive Director, Canadian Research Institute for Law and the Family**



**Tuesday October 28, 2014**  
11:00 am - 12:30 pm  
Alberta Children's Hospital  
Kinsmen Learning Centre (4th floor)  
2888 Shaganappi Trail NW

In this presentation we will discuss how and why parents can wind up fighting with each other after they separate, and the serious short- and long-term effects parents' conflict can have on their children. We will also talk about the steps parents can take to reduce conflict and protect their children from conflict.

Audience Level I / Telehealth / Audioline Available  
Limited child care available, please call 403 955 2500 - **Must Reserve 2 Weeks in Advance**

**The Police Response to Domestic Violence**  
**Presenters: Members of the Calgary Police Service, Domestic Violence Unit**

**Tuesday October 28, 2014**  
6:30 pm - 8:00 pm  
Alberta Children's Hospital  
B2-200 (2nd floor)  
2888 Shaganappi Trail NW

Participants will learn about the cycle of domestic abuse and why it is such a complex societal issue to resolve; how prevalent domestic violence is, particularly within the City of Calgary, and what police do when they respond to a domestic violence call.

Audience Level I

**Children with ADHD Don't Have Attention Deficits: The Brain Boss is Asleep on the Job**  
**Presenter: James B. Hale, PhD, ABPdN, Paediatric Neuropsychologist, Professor of Medicine and Education, Kailyn M. Jones, MA & Justin W. Witzke, BSc**



**Thursday October 30, 2014**  
11:00 am - 12:30 pm  
Alberta Children's Hospital  
Kinsmen Learning Centre (4th floor)  
2888 Shaganappi Trail NW

This presentation will:

- 1) Reconceptualize ADHD as an executive "brain boss" problem
- 2) Recognize that executive problems are more important to ADHD diagnosis and treatment than behaviour ratings
- 3) Compare cognitive and behavioural medication response, and the academic achievement implications for each

Audience Level I / Telehealth / Audioline Available  
Limited child care available, please call 403 955 2500 - **Must Reserve 2 Weeks in Advance**

## CES Registration Tips

- To create an account to register for courses, or to receive the CES monthly newsletter, [visit our website](#) and click on the “New User Sign-Up” tab

New User Sign-Up

- To change your password, or to subscribe/unsubscribe to the monthly CES newsletter, [log-in to your account](#) and click on the “Your Account” tab

Your Account

- To cancel your attendance, [log-in to your account](#) and click the “Your Courses” tab

Your Courses

### HOW TO REGISTER

#### To attend in person:

\* Please visit [http://fcrc.albertahealthservices.ca/course\\_registration/public\\_course\\_list.php](http://fcrc.albertahealthservices.ca/course_registration/public_course_list.php) or call (403) 955-7420 for assistance

#### To attend via Telehealth/Video-conference/Audio Line:

\* **AHS staff** are to use the scheduler: <https://vescheduler.ca/schedule20/calendar/calendar.aspx?ID=1268>

\* If you are not with AHS contact [ces@albertahealthservices.ca](mailto:ces@albertahealthservices.ca) or call (403) 955 - 7420

Telehealth/Video-Conference/Audioline bookings must be made 7 days prior to the session date.  
Courses with low registration will be cancelled one week prior to the session.

Attention all registrants,

Community Education Service asks that you cancel your spot if you know you cannot attend the sessions you have registered for, by sending an email to [ces@albertahealthservices.ca](mailto:ces@albertahealthservices.ca) or logging in to your account and going under the Your Courses tab.

We hope you continue to find our free educational sessions useful and thank you for your consideration and cooperation.

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