

2019-2020

Parent Sessions

Vaping 101

presented by Alberta Health Services

Thursday, October 24, 2019

7:00 - 8:30 pm

WD Cuts School

Alberta Health Services reports that across Canada, 20 percent of youth between the ages of 15 and 19 report having tried e-cigarettes. A tobacco-like product emerging in popularity, e-cigarettes are battery-operated devices that have cartridges with liquid chemicals in them. During this session, attendees will learn about the health effects of vaping, reasons and factors as to why some teens may vape, chemicals found in vaping, prevention strategies, approaches to support adolescents who vape, and terms and references.

Cannabis 101

presented by Alberta Health Services

Thursday, February 27, 2020

7:00 - 8:30 pm

Joseph M. Demko School

Marijuana, legal or not, is a topic significantly affecting today's youth. This session will help caregivers navigate the ever-changing landscape of marijuana today; a lot has changed since the 60s. It will provide caregivers with balanced information on marijuana and its effects, including the impact on the adolescent developing brain. Learn how to openly approach the subject with teens and support them to make informed decisions.

Parent Superpowers

with Dr. Jody Carrington

Monday, April 20, 2020

6:30 - 8:30 pm

ES Gish School

If you own a kid (or are helping to raise one), our sole job is to teach them this thing called emotional regulation, before we (eventually) launch them into this big-old world. That means, sadly, that in order to do that, we have to figure out how to model for them what calm looks like (and turns out, just telling them to CALM DOWN doesn't work for long, and neither does taking the things they love away so that they'll eventually figure out that you want them to be kind). Expect an evening of laughter and stories, while we understand how attachment and connection to our babes and our partners will give our children the most important skill they will ever learn, how to be kind and connected people we can be proud of.

Cyberworld: What happens when youth press send?

presented by the SAFFRON Centre

Thursday April 30, 2020

7:00 - 8:30 pm

Lois E. Hole School

A parent & caregiver's guide to internet safety for themselves & their children. We explore popular apps & games that youth are playing online. We discuss the importance of privacy settings & turning off location settings. We provide parents with helpful resources to begin conversations with their children and youth.

TO REGISTER FOR ANY OF THESE EVENTS: <http://bit.ly/ParentSessions20192020>