



VOLUME 16 • FEBRUARY 2021

Safe, Calm, Connected

MHCB WELLNESS PACK

MONTHLY WELLNESS ACTIVITIES FOR KINDERGARTEN - GRADE 2 STUDENTS AND THEIR FAMILIES

LOVE THE ONES YOU'RE WITH

Between Family Day, Valentines Day, and Random Acts of Kindness Week, February is all about celebrating the people we care about. In this month's Wellness Pack you'll find activities to inspire connection and kindness.

TAKE A PEEK!

-  GETTING TO KNOW THE WILDLIFE
-  KIDS CAN HELP IN THE KITCHEN
-  HOMEMADE CARDS
-  FAMILY DATE NIGHT

PLUS

-  RANDOM ACTS OF KINDNESS CALENDAR

Caregiver Education Team Newsletter

February 2021



AHS, in collaboration with The Mental Health Foundation, is proud to offer FREE online programming for parents and caregivers of children and youth.

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.

Lunch & Learn Webinars

Parenting Teens In the 21st Century – Part 1
Monday, February 1
12:00 – 1:00 pm

Parenting Teens In the 21st Century – Part 2
Monday, February 8
12:00 – 1:00 pm

Mental Health and Resiliency Series

Positive Communication that Promotes Growth
Tuesday, February 2
12:00 – 1:00 pm

Calming Our Bodies and Minds
Tuesday, February 9
12:00 – 1:00 pm

Resilient Mindsets
Tuesday, February 16
12:00 – 1:00 pm

Collaborative Problem Solving
Tuesday, February 23
12:00 – 1:00 pm

Caregiver Education Sessions

Parenting Strategies that Promote Positive Mental Health
Wednesday, February 3
6:00 – 7:30 pm

More Than Just a Bad Day: Understanding Depression and Self-Injury in Youth
Wednesday, February 10
6:00 – 7:30 pm

Keeping Scattered Kids on Track: Understanding and Supporting Children and Youth with ADHD
Wednesday, February 17
6:00 – 7:30 pm

Mindfulness: Benefits for the Whole Family
Wednesday, February 24
6:00 – 7:30 pm

Drop-In Series

Support, Education & Engagement Series (SEEDS)

Supporting Your Child With Structure and Routine
Thursday, February 4
6:00 – 7:30 pm

Managing Meltdowns and Shutdowns
Thursday, February 11
6:00 – 7:30 pm

Helping Our Kids Figure Things Out
Thursday, February 18
6:00 – 7:30 pm

Effective Consequences
Thursday, February 25
6:00 – 7:30 pm



Online Sessions for Parents on Helpful Topics

DID YOU KNOW THAT...

Alberta Health Services is offering free information sessions for parents and caregivers on mental health challenges that affect youth and children. Check-out this month's offerings at the end of this Wellness Pack!





ACTIVE LIVING: GETTING TO KNOW THE WILDLIFE

We know that helping others makes us feel good, but what about helping the birds. During this month of random acts of kindness, it's not just other humans we can show kindness to, there is also the wildlife. Why not spend some time making a bird feeder with someone in your family. Then head out into the back yard or local park and put the bird feeder somewhere the birds can find it. See the instructions below or check-out this link for some tips: <https://www.youtube.com/watch?v=fjJ-VpWvMmA>



HEALTHY EATING: KIDS CAN HELP IN THE KITCHEN

Getting kids involved in the kitchen is a great way to connect with them, and teach them valuable skills! Kids are excellent stirrers, mashers, and pourers - and can do so much more! Check out [this blog post from Better Together BC](#) for some ideas on how to start: <https://www.bettertogetherbc.ca/blog/single/the-checklist-33-tasks-kids-can-do-in-the-kitchen> and then test out those skills with this fun [cinnamon apple snack](#): <https://www.bettertogetherbc.ca/recipes/single/warm-cinnamon-apples>



Random Acts of Kindness: Homemade Cards

Cards aren't only for special occasions; everyday is an opportunity to show others you care! Showcase your creativity through a homemade card. Include a loving message, drawings, and anything you think will make someone smile. Choose someone you miss and think needs to have their spirits lifted. It could make all the difference in someone's day.

Adapted from randomactsofkindness.org.

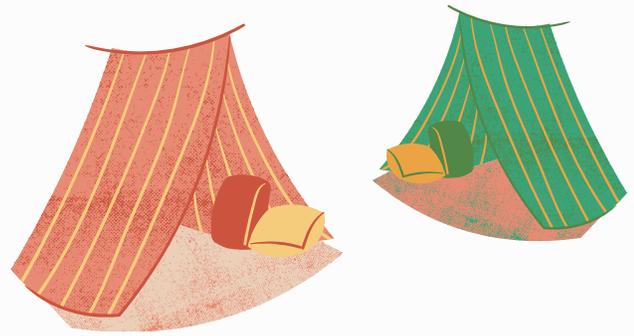




MENTAL WELL-BEING: FAMILY DATE NIGHT

Spending quality time with your loved ones is a great way to show that you care! Work together to plan a time of special activities. Your mental health will thank you for the time you spend together and the anticipation of having something fun to look forward to. Here are some great ideas to get you started! Plan:

- an ice cream sundae bar.
- to build an igloo that will fit everyone.
- an art night.
- an afternoon of playing games.
- a fort building competition.
- to look at old photograph albums.



CONNECT WITH US

Questions or concerns about mental health? Give us a call or send us an email!

Phone: (780) 672-6131 ext. 6948
Email: mhcb@brsd.ab.ca

For more wellness tips and ideas, find us on social media:

 @brsdmhcb

 BRSD Mental Health Capacity Building

 @brsdmhcb



Tips to help your family nurture kindness

Talk with your children about ways to show kindness.

Practice and role model kindness at home.

Take notice of others' acts of kindness and receive kindness when it's offered.

Learn from each other through sharing good things that have happened.

FOR MORE RESOURCES, search:
RandomActsofKindness.org/kindness-ideas
RAK Health Facts at Dartmouth.edu
Help in Tough Times at AHS.ca

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BRSD WELLNESS



DIY Bird Feeder Instructions

Get to Know the Wildlife!

1. Put a layer of bird seed onto a plate.
2. Spread peanut butter on the outside of a toilet paper roll using a knife or spoon. (If peanut butter is not an option consider using another ingredient, like shortening.)
3. Roll the toilet paper roll in the bird seed.
4. Loop a piece of string through the toilet paper roll and hang it on a tree, or slip the toilet paper roll directly onto a tree branch.
5. Enjoy watching your feathered friends!



Caregiver Education Team Newsletter

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Effective Consequences

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Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

February 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Date: Wednesday, February 3, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

More Than Just a Bad Day: Understanding and Supporting Depression and Self-Injury in Youth

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. Strategies for support will be discussed.

Date: Wednesday, February 10, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only

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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

Parent Feedback:

“I'm very encouraged that sessions like this are available.”

“Really enjoyed the interactions with everyone and the videos.”

“Content, delivery and duration were ‘just right’. Online is nice, I don't have to drive anywhere.”

“Instructors went above and beyond to answer individual questions.”



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Keeping Scattered Kids on Track

Understanding and Supporting ADHD in Children and Youth

This session will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Date: Wednesday, February 17, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-12; for adults only.

Mindfulness

Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

Date: Wednesday, February 24, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-12; for adults only.

Parent Feedback:

“Good acknowledgement to ‘real life’ difficulties – very identifiable and relatable. Thank you.”

“Kuddos to everyone making this kind of informative/participative session.”

“I ended up liking the virtual delivery more than I thought. Liked typing in my responses to questions.”

“Great program – would recommend to anyone. Great presenters!”



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Lunch & Learn Webinars

February 2021



These free 60 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. Each topic is presented over two sessions; participants can attend one or both sessions.

Caregiver Education Sessions

Parenting Teens in the 21st Century – Part 1 Respectful Limit Setting with Adolescents

In this session, we will explore the challenges of being a teenager, parenting a teenager, and the importance of the parent/teen relationship.

Date: Monday, February 1, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades 7-12; for adults only.

Parenting Teens in the 21st Century – Part 2 Respectful Limit Setting with Adolescents

In this session, we will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Date: Monday, February 8, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades 7-12; 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:

www.cyfcaregivereducation.ca

Parent Feedback:

“This helped me to understand more about what is happening with my teenager and some ways to help.”

“I find these are great reminders to be positive when it is so easy to be negative.”

“Fabulous Content! I can’t wait to continue joining you for all the upcoming sessions.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

February 2021

These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

Mental Health & Resiliency Series

Positive Communication that Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and to encourage our child to engage with others in positive ways that foster resilience.

Date: Tuesday, February 2, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Calming Our Bodies and Minds

In this online session, we will discuss the ways that our bodies and minds respond to stress and learn strategies for equipping our children to regain a sense of calm and control in the midst of life's stressors.

Date: Tuesday, February 9, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Resilient Mindsets

In this online session, we will look at specific behaviours and habits that parents can encourage in the home to develop a more positive mindset in their child for reducing stress, increasing empathy, and equipping our child to tackle new challenges.

Date: Tuesday, February 16, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Collaborative Problem Solving

In this online session, 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.

Date: Tuesday, February 23, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; 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:

www.cyfcaregivereducation.ca

Parent Feedback:

“The speakers were easy to listen to and understand. The content was relevant, helpful and immediately applicable.”

“I thought that the method of engagement was very effective. The presenters immediately read out the messages and tied it to the topics.”

“All the strategies given out so far have been very helpful. They are simple, easy steps to accomplish.”



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Drop-in Series

February 2021

These free **Support, Education & Engagement Drop-In Sessions (SEEDS)** are designed to help caregivers explore parenting strategies that support healthy relationships and child development. As part of a 7 session series, parents are welcome to attend one session or join us each week.

SEEDS: Growing Parenting Skills

Supporting Your Child With Structure and Routine

Providing structure and routine is one of the most effective means of promoting healthy development in our children. Learn how to use these strategies in your home and how to assist your child in daily transitions.

Date: Thursday, February 4, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Managing Meltdowns and Shutdowns

This session is designed to help parents understand the brain science behind a child's meltdowns and shutdowns and strategies we can use to help regulate our minds and bodies.

Date: Thursday, February 11 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Helping Our Kids Figure Things Out

Do you find that your child struggles to find solutions when problems arise? This session will show you some simple steps for breaking down problems and finding solutions with your children.

Date: Thursday, February 18, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Effective Consequences

In this session, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

Date: Thursday, February 25, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; 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.

Please note:

These sessions are for parents / caregivers of children grades K-6.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"I learned some great skills and I can't wait to implement them with my kids."

"Fabulous Content! I can't wait to continue joining you for all the upcoming sessions."

"Makes me think of things in a new light. The 'homework' feels like practical application of stuff we discussed."



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