

Child and Youth Well-Being

Family and Caregiver Fall/Winter Series

2024/2025

The Calgary Board of Education invites all parents and guardians to join us in a pre-recorded and live online series focusing on child and youth well-being. These sessions will be hosted in partnership with experts from Alberta Health Services and Recovery Alberta and will explore topics such as Peer Pressure, Healthy Relationships, Mental Health for Highly Sensitive Teens, and navigating Parent-Teen relationships.

Acting on feedback from participants who joined us during our live online sessions over the past two years, moving forward we invite all guardians and parents to listen to the pre-recorded or live sessions at their convenience.

Suggestions from the Well-Being team are listed below:

Upcoming Live Sessions:

1| November 20 | 1:00-3:00pm | *Can we Talk: Healthy Relationships* | Diana Wark (She/Her), Parent Program Coordinator for Centre for Sexuality – [Register Here](#)

2| November 21 | 12:00-1:30pm | *Building Resiliency in Today's Youth* | Andrea Halwas Larsen, PhD, CT, REACE – [Register Here](#)

3| November 28th | 10:00am-11:30am | *Mental Health for Highly Sensitive Teens; Unique Struggles for those Emotional Feelers* | Tracy Fields, MSW, RSW – [Register Here](#)

Pre-Recorded Sessions:

1| [Adolescent Brain Development and Navigating Parent-Teen Relationships](#)
Erin Dawson Myers

Description: In this session we will discuss the adolescent brain, how to support healthy brain development, promoting resilience, and navigating the ways that your relationship with your teen will evolve as they slowly but surely become little adults.

2| [Screen Time: The Good, The Bad, The Ugly](#) | Dr. Caroline Buzanko

Description: The effects of screen time on the developing brain. The behavioural outcomes of too much screen time and how and when technology can be beneficial.



3| [Understanding Autism & ADHD to Promote Long-Term Success](#)

Dr. Caroline Buzanko

Description: This session focuses on the complex nature of Autism and ADHD, as well as the associated strengths and challenges.

[Mental Health Literacy Series \(Pre-Recorded\):](#)

1| [Focused and Engaged: Finding Balance through Self-Regulation](#)

Information Sheet

[Click Here](#)

2| [Sleeping Your Way to Better Mental Health](#) | Information Sheet

[Click Here](#)

3| [Behavioural Challenges of School Aged Children](#) | Information Sheet

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