

Information sessions around the city of Calgary

Community Education Services puts on numerous sessions throughout the year. These are the sessions for the month of January. Please visit their website to register.

<http://community.hmhc.ca/sessions/>

08

Grief and Loss

10:00 AM - 11:30 AM

[Alberta Children's Hospital](#)

09

How to support my child when they are in crisis or supporting others that are in crisis?

7:00 PM - 8:00 PM

[Mitford School](#)

15

Motivating Unmotivated Teens: A parent - focused approach

7:00 PM - 8:30 PM

[Canada's Sport Hall of Fame Ridell Family T](#)

Parents become concerned with their children's lack of motivation for school achievement when their achievement falls short of their potential. When parents attempt to enhance motivation, they find motivating young children challenging, motivating teens daunting. The task is formidable, particularly when there is a history of academic underachievement. Simply put: habits are difficult to change. Habits or patterns of behavior do not apply solely to teens, but also to parents. The idea of changing parental behaviour in such cases is not new. What makes my approach somewhat different is that I have made parental behavior the underlying principle permeating my thinking on this topic. The result is a parent - focused approach to the problem. I share the key elements of my perspective in this session. While by no means a quick solution, parent counselling, in my experience, has proven more effective than teen-focused intervention.

This session is FREE and open to all - parents, professionals and students.

18

Helping your child find school success

6:30 PM - 8:30 PM

[Boys and Girls Club Airdrie](#)

23

ADHD & Executive Functioning

6:30 PM - 8:30 PM

[East Lake School](#)

23

Anxiety and its Associated Consequences During Childhood and Adolescence Part 1

7:00 PM - 9:00 PM

[Alberta Children's Hospital - Theatre](#)

25

Internet Safety

6:30 PM - 8:00 PM

[Marshall Springs School](#)

25

Little Warriors: Prevent It! Taking Action to Stop Child Sexual Abuse

6:30 PM - 9:30 PM

[South Calgary Health Centre - 1001](#)

29

The Implications of ADHD for Kids, Parents, and Teachers * Also Available as a Webinar *

6:30 PM - 8:00 PM

29

The Implications of ADHD for Kids, Parents, and Teachers * Also Available as a Webinar *

6:30 PM - 8:00 PM

31

Healthy Brain Development: Protective & Risk Factors

10:30 AM - 12:30 PM

Foothills Academy provides information sessions to the public.

Tuesday, January 16th



Mindfulness for Families

Mindful Schools states that mindfulness means 'maintaining a moment-by-moment awareness of our thoughts, emotions, bodily sensations, and surrounding environment'. During this workshop, Foothills Academy teacher Ayra Kelly will share specific techniques to help children with Learning Disorders and/or Attention-Deficit/ Hyperactivity Disorder (ADHD) manage stress and develop mindful ways of thinking in order to help them regulate their emotions both at home and at school. Parents will leave with simple and easy ways to integrate these methods into their home.

Click <http://www.foothillsacademy.org/parent-workshop/> to register.