

## Caregiver Education Sessions

Fall Poster- September – December 2018

### More than Just a Bad Day: Understanding and Supporting Youth with Depression and Self-Injury

*Focus is on caregivers of teens grades 7-12*

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and intentionally injuring themselves. We will explore factors that contribute to depression and the motivation behind self-injurious behavior. Caregivers will learn about treatment options for depression as well as strategies to help support youth who may be engaging in self-injury.

Register for a Depression/Self-Injury session at:  
<https://www.surveymonkey.com/r/caregiversessions>

**DATE:** Wednesday, November 7, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** St. Andre Bessette School  
8300 Southfort Drive, **Fort Saskatchewan AB**  
**Notes:** This session is for adults only.

**DATE:** Tuesday, November 27, 2018  
**TIME:** 5:30 – 7:00 pm  
**LOCATION:** Edith Rogers School  
8308 Mill Woods Road NW, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Thursday, December 6, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Louis St. Laurent School  
11230 - 43 Avenue, Edmonton, AB  
**Notes:** This session is for adults only.

**DATE:** Wednesday, December 12, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Esther Starkman School  
2717 Terwillegar Way NW, Edmonton, AB  
**Notes:** This session is for adults only.



#### Parent Participant Feedback

*“These sessions are  
amazingly helpful.”*

*“I went to 3 of these sessions this  
fall and I’m very happy that I  
learned valuable info  
at each one”*

Please contact the Education Team with questions or if you need to cancel your registration.

[CYFCaregiverEducation@ahs.ca](mailto:CYFCaregiverEducation@ahs.ca)

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