



ÉCOLE **MOTHER D'YOUVILLE** SCHOOL
5330 Rue Parc Beaumont, AB T4X 1W4 Phone: 780.929.0792
September 2018 Newsletter
"We are people of the Way" "Learn the Way"



PRINCIPAL'S MESSAGE

Dear MDY Families:

Welcome to the 2018-2019 school year at EMDYS. As new principal, I am excited to support students in mastering the essential outcomes and providing the support needed to be successful ultimately helping students become the best version of themselves. Meeting everyone in the EMDYS community has been such a blessing and I hope to continue to meet more members as we journey through 2018-2019 together.

We hope the first few days have been exciting. Thank you to the super staff at EMDYS as they have been busy getting classrooms and our beautiful school ready for the new year. Bell times for the school year are: Warning bell is at 8:40 a.m. Lunch is from 12:20 pm-1:10 pm. Dismissal is at 3:10 pm. This year we are operating on a 5 day rotating schedule for student timetables.

For bussing information, please see the division website at <https://www.starcatholic.ab.ca/busing>. For our student handbook please visit our website or bit.ly/MDYHandbook. Our school website at <http://mdy.starcatholic.ab.ca/> is where you will find all necessary current school information such as current news and events, announcements, bus information, calendars, etc.



In this edition, please keep an eye out for your say in naming our team mascot. On behalf of École Mother D'Youville School we are looking forward to a great school year on a journey of faith, learning, and love.

In Him,
Principal Jordan Robinson

2018-2019 EMDYS COUNCIL

We are looking to add some volunteers who have Time, Talent and Treasures to share on our Parent Council. More information will be coming out very soon about volunteer positions and meeting dates. We hope you will consider attending our next meeting - your support is appreciated! Our AGM and first school council meeting of the year will be **Wednesday, September 19th 7:00 pm** in the learning commons.

UPCOMING SCHOOL EVENTS

Monday Sept 10	Cross Country Practice
Monday Sept 10	EMDYS Jr. High soccer vs Champs Vallee
Thursday Sept 13	Meet the Teacher Night 6-7pm
Thursday Sept 13	Sr. Boys Volleyball Tryouts
Friday Sept 14	Teacher PD Day - No School
Monday Sept 17	School Photo Day
Friday Sept 21	Terry Fox Walk
Friday Sept 21	Grade 5 (Eng & Fr) Field Trip - Telus World of Science
Wednesday Sept 26	Cross Country Track Meet @ Leduc
Friday Sept 28th	Orange Shirt Day

EMDYS ATHLETICS

SOCCER -Jr. High students interested in joining the EMDYS soccer team were given permission forms that need to be signed and returned to Miss O'Neill (Room 138) by Monday September 10th. Our Junior High Soccer team is open to all students in gr. 7-9 as we compete in a Mixed Co-Ed League.



First Practice - Friday September 7th 3:15-4:15 pm

First Game vs Champs Vallee School - Monday September 10th, 2018 at 4 pm

CROSS COUNTRY RUNNING- All students Grades 5-9 interested in joining the EMDYS cross country running team were given permission forms that need to be signed and returned to Mr. Proudfoot by Monday September 10th.

First Practice - Monday September 10th 3:15-4:15 pm

Track Meet Monday September 26th - more information to follow

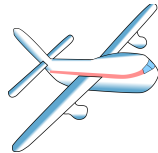
SR. BOYS VOLLEYBALL Tryouts for Sr. Boys Volleyball will take place after school on September 13th. Permission forms will be given out for those that are interested.

MDY MASCOT

Have your say for choosing our team mascot! The choices have been narrowed down to five: The Defenders, The Guardians, The Greyhounds, The Moose, and The Hawks. Please provide feedback here: bit.ly/mdymascot

GRADE 9 VICTORIA TRIP:

The Grade 9 trip to Victoria was unanimously approved by STAR Catholic School Board. Stay tuned for a September meeting date to share this exciting opportunity for the 2018-2019 grade nine class.



SCHOOL MESSENGER

STAR Catholic school division is implementing a new School messaging system, called **School Messenger**. In the past, we have used the Synrevoice program to send out emails to our families, both for Emergency situations, and for regular emails that need to reach our entire school population or other group emails. The new system will be much the same, but with some new and more user friendly features.

This new system will allow us to send out messages by phone, email and text, and even has an app available, which gives us more options and better lines of communication. For more information on the SMS Text Notification System please visit:

<https://www.staratholic.ab.ca/division/parents/sms-text-message-service-for-parents>

SCHOOL CASH ON-LINE

Thank you for your patience while we work on the School Cash On-Line system. A notice will go out to families as soon the system is corrected so that any applicable fees can be paid. School fees will apply to any Option Classes, Sports teams and Field trips.

SOCIAL MEDIA - SCHOOL UPDATES

Please stop by and “like” the École Mother D’Youville School Facebook page and follow École Mother D’Youville on Twitter. EMDYS social media sites will have all the latest information directly from the school.



FSLW UPDATE

Welcome back!

My hope is that all of the Mother D’Youville families had summers full of rest, relaxation, and fun together! I am thrilled to see both the new faces and the familiar ones. As we look forward to a new school year and all the possibilities it holds, I anticipate that every student here will have successes and growth personally, socially, and academically.

As the Family School Liaison Worker, I wanted to remind families and their students that I am here to collaborate, encourage, and support as you navigate the ups and downs of the school year. I will continue to offer solution focused individual work, social-emotional group work, and classroom based lessons along with any parental consultations and community referrals as needed. I will also continue to highlight subjects such as mental health awareness and care to promote each students best self. My goal is to implement a comprehensive program that creates a caring and supportive environment where students feel free to reach their full potential.

If you have any questions at all about FSLW programming, please do not hesitate to contact me I would love to answer them for you. I can be reached at the school by phone (780 929-0792) or by email: Arlie.Bouchard@starcatholic.ab.ca

Thanks for your support!

TEXTBOOKS AND LOCKERS/LOCKS

Textbooks

Textbooks are assigned to each student as required and are theirs to use for the duration of the course. Students are to return the textbooks at the end of the assigned term in an undamaged condition. Lost textbooks are the responsibility of the student they are assigned to.

In the event that text books and library books are damaged the following fees will be charged to the student.

Torn/Missing pages – \$10.00

Graffiti – \$10.00

Damaged cover – \$10.00

Missing Barcode – \$ 5.00

Broken Spine – \$20.00

Lost/Destroyed – Replacement cost

Lockers & Locks

Students are responsible for the condition and accessibility of their lock/locker at all times. Students are expected to treat the lock/locker with respect and keep their combination confidential.

The rental cost of locks will be sent via School Cash Online at a cost of \$8.00. Replacement cost of an additional \$8.00 for lost/damaged lock will be added as required.

KISS AND GO DROP-OFF AND PICK UP

Look! We are faster builders than google earth can take pictures of MDY. Our Kiss and Go drop off zone (highlighted by the green arrows) is available on the northside of our school and this is the only spot where cars should go for both morning afternoon pick up and drop off. Your help in making our school safe is greatly appreciated.



COMMUNITY EVENTS

What is the Chantal Berube Youth Centre (CBYC)?

CBYC is a drop-in centre for youth aged 12-17. It's a safe and supervised environment where youth can socialize with peers, build meaningful relationships with adults, access mental health resources as well as social supports, and participate in a variety of engaging activities.

Our membership is FREE, all that is needed is to bring in a membership form which can be downloaded at www.beaumont.ab.ca/220/CBYC



Hours of Operation

September through June
 Tuesday-Thursday 3:30pm—8:00pm
 Friday and Saturday 6:00pm—10:00pm
 Sunday-Monday: Closed

July and August
 Monday-Thursday 3:00pm—8:00pm
 Friday 4:00pm—9:00pm
 Saturday-Sunday: Closed

thank you!
 to all our 2016 sponsors!

CHAMPION (Dare \$1,300+)

- Club Beaumont
- Beaumont Boston Pizza
- Fountain Tire
- Beaumont Dream Cruisers
- Beaumont Jet's No Frills

SPONSOR (Dare \$500-\$1,499)

- Beaumont Credit Union

DONOR (Dare \$50-\$499)

- Michael Benjamin Professional Corporation
- CG & W Pipe
- Chagnon Tree Farm
- Outdoor Masonry
- Beaumont Physiotherapy
- Sports and Injury Clinic
- Landtag
- Peter Falozza Professional Corporation
- Marjorie H Carter Professional Corporation

"Giving is an act of generosity. Giving is growing a seed. The seed will produce great harvest of hope."
 Lillian Gilly Akita

Sponsorship Opportunities

Sponsorship accepted by way of money and/or goods and services.

Please contact the Youth Centre Supervisor via phone or email:
 (780) 929-5155

sarah.fodchuk@beaumont.ab.ca



THE place to be!



Your life is a fingerprint that cannot be duplicated, make the best impression with it.
 With Love, Chantal

1983-2011

Community

- CBYC has great partnerships with organizations, businesses, and committees in Beaumont to help foster positive relationships and opportunities for youth.
- The Chantal Berube Youth Centre is proud to host and participate in various community events. You'll see us at Community BBQs, Movie in the Park, Beaumont's Amazing Race, Town and Country Daze and more!
- We often have volunteer opportunities for events and Community Committees.



Activities

- Taco Tuesdays/Wing Wednesdays
- Music and Arts Programming
 - Hang Out Nights
 - Movie Nights
 - Cultural Nights
 - Cooking/Baking
 - Annual Wellness Retreat
 - Mini-Teens (Ages 6-11)
 - And so much more!!!



Come Check us Out!

5202 50ST Beaumont, AB

Phone: 780-929-5155

Email: youthcentre@beaumont.ab.ca

Website: www.beaumont.ab.ca/220/CBYC

Facebook: Chantal Berube Youth Centre

Instagram & Snapchat: [obycebeaumont](#)

We also have an app, download it now!



ST. VITAL NEWS

"The Rock" is a St. Vital sponsored Youth Group for ages 12-18 and we're excited to say that youth group is starting up again, and we would love to see you guys around for another awesome year. Our apologies for short notice, but our first gathering will be a social "kick off" night this Saturday September 8th at @7pm hosted by Louis. His address is [Lot 100, 50511 Range Road 234](#). One mile south of Eagle Rock Golf Course; four miles east of St. Vital Church; in Arbor Estates. Everyone is asked to bring finger food and to dress warm. We are planning to be outside most the evening unless it is rainy. If you could let us know you got this, and maybe give an RSVP by responding to this e-mail that would be wonderful. We hope to see you guys there. If you have any friends or siblings you would like to bring, more the better!



St. Vital Parish is updating our Photo Directory with IPC Canada Photo Services. We would love for all members of our parish to be a part of it!

This book is a collection of family photos of parishioners that we haven't updated in a very long time.

Please take the time to get your photo taken.

The directory is an amazing tool to help us be more connected to each other.

Each family photographed will receive a FREE directory and will have the OPTION (not required) to purchase family photos from IPC Canada Photo Services.

Photos will be taken in the church basement.

Appointments are available Sept 25-29 and Oct 16-20.

You can book online at ipccanada.ca (the appointments tab at the top of the screen) enter the password *myphoto* and you will find the St. Vital icon. Appointments can also be made in the booklet at the back of the Church before or after weekend masses.

Please note: the website booking will be disabled from Saturday afternoon until Sunday afternoon to accommodate for booking at the church and to avoid double booking appointments.

LIFE FRAMEWORK GENERAL NOTICE

Catholic schools share a foundational belief that all children are loved by God, are individually unique and that the school has a mission to help each student fulfill their God-given potential in all aspects of their person: physically, academically, socially, morally and spiritually. Catholic schools are committed to using the LIFE (Lived Inclusion For Everyone) framework as a guideline for the creation and operation of student groups that are comprehensive in their approach to inclusion and open to the exploration in a Catholic context of a variety of issues including bullying, sexual harassment, sexual orientation, gender identity, discrimination, justice, and respectful relationships and language.

Alberta legislation recognizes that parents have both the right and responsibility to make informed decisions respecting the education of their children. Please accept this as general notice that students may be organizing LIFE Framework/Diversity clubs at the school in the future. If a LIFE Framework/Diversity club is formed, notification of the formation of the club will be sent to all parents.

Caregiver Education Sessions

Fall Poster- September – December 2018

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth. Presentations are hosted in schools but are open to all adults to attend.

Technology and the Teenage Brain

Technology is a huge part of our children's lives – and a common concern for most parents who are learning how to keep up in an ever changing world. Social media, video gaming, internet use and cell phones may already be topics of debate within your family. Come together to learn how this modern use of technology can impact the developing teenage brain. This session will review some of the risks but also the benefits of technology. Parents and teens will learn ways to stay safe and balanced in their use of technology to better support positive mental health.

★ **Both parents and teens (grades 7 – 12) are encouraged to attend this session together.** ★

Register for a Technology and the Teenage Brain session at:

<https://www.surveymonkey.com/r/caregiversessions>

<p>DATE: Tuesday, September 11, 2018 TIME: 6:00-7:30pm LOCATION: Rudolph Hennig Jr. High School 9512 - 92 Street, Fort Saskatchewan, AB ★ Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>	<p>DATE: Tuesday, October 16, 2018 TIME: 5:30 – 7:00 pm LOCATION: Kate Chegwin School 3119 - 48 Street NW, Edmonton, AB Notes: Parents and Teens (Grades 7 – 12) to attend together. ★</p>
<p>DATE: Thursday, September 20, 2018 TIME: 6:00-7:30pm LOCATION: John D. Bracco School 3150 - 139 Avenue NW, Edmonton, AB ★ Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>	<p>DATE: Thursday, November 22, 2018 TIME: 6:00-7:30pm LOCATION: Florence Hallock School 16437 - 87 Street NW, Edmonton, AB Notes: Parents and Teens (Grades 7 – 12) to attend together. ★</p>
<p>DATE: Thursday, September 27, 2018 TIME: 6:00-7:30pm LOCATION: Esther Starkman School 2717 Terwillegar Way NW, Edmonton, AB ★ Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>	

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

CYFCaregiverEducation@ahs.ca

780-415-0074

Caregiver Education Sessions

Fall Poster- September – December 2018

Breaking the Cycle of Anxiety: A Step by Step Approach

Focus is on caregivers of kids and teens in grades K-12

Anxiety is one of the most common mental health complaints in children and teens today. This session will distinguish between normal anxiety and anxiety that is no longer helpful or productive. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain step by step strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as tools designed to reduce anxiety.

Register for a Breaking the Cycle of Anxiety session at:

<https://www.surveymonkey.com/r/caregiversessions>

<p>DATE: Tuesday, September 18, 2018 TIME: 6:00-7:30pm LOCATION: Holy Trinity School 7007 - 28 Avenue, Edmonton, AB Notes: This session is for adults only.</p>	<p>DATE: Tuesday, October 9, 2018 TIME: 6:00-7:30pm LOCATION: Hillview School 355 Woodvale Road E NW, Edmonton, AB Notes: This session is for adults only.</p>
<p>DATE: Tuesday, September 18, 2018 TIME: 6:00-7:30pm LOCATION: Duffield School 1 Main Street, Duffield, AB Notes: This session is for adults only.</p>	<p>DATE: Thursday, October 11, 2018 TIME: 4:30 – 6:00pm LOCATION: Progressive Academy 13212 - 106 Avenue NW, Edmonton, AB Notes: This session is for adults only.</p>
<p>DATE: Tuesday, October 2, 2018 TIME: 6:00-7:30pm LOCATION: Gold Bar School 10524 - 46 Street NW, Edmonton, AB Notes: This session is for adults only.</p>	<p>DATE: Wednesday, October 17, 2018 TIME: 6:00-7:30pm LOCATION: Christ the King School 180 McConachie Drive NW, Edmonton, AB Notes: This session is for adults only.</p>
<p>DATE: Thursday, October 4, 2018 TIME: 6:00-7:30pm LOCATION: Avalon School 5425 - 114 Street NW, Edmonton, AB Notes: This session is for adults only.</p>	<p>DATE: Thursday, October 25, 2018 TIME: 5:30 – 7:00 pm LOCATION: Father Michael Mireau School 3010 Spence Wynd SW, Edmonton, AB Notes: This session is for adults only.</p>

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Caregiver Education Sessions


Fall Poster- September – December 2018

Transitions Big and Small: Supporting Kids through Change

Are you tired of the daily battle of getting your child to transition from one activity to another? Or worried about an upcoming transition in your child's life? Transitions, big and small, can be really challenging for both kids and caregivers; this is because all transitions involve change, and change can be a time of stress for anyone! In this presentation, you will learn about common transitions that children and youth experience, why transitions are so challenging, and what caregivers can do to make them go more smoothly. More specifically, we will explore how to plan for large transitions, review tips and tools to make small transitions smoother, and discuss strategies for managing the stress and anxiety that can accompany transitions.

Register for a Transitions Big and Small session at:

<https://www.surveymonkey.com/r/caregiversessions>

<p>DATE: Wednesday, September 19, 2018 TIME: 4:30 – 6:00 pm LOCATION: Progressive Academy 13212 - 106 Avenue NW, Edmonton, AB Notes: This session is for adults only.</p>	<p>DATE: Tuesday, October 23, 2018 TIME: 6:00-7:30pm LOCATION: James Gibbons School 8945 - 153 Street, Edmonton, AB Notes: This session is for adults only.</p>
<p>DATE: Wednesday, September 26, 2018 TIME: 6:00-7:30pm LOCATION: Dovercourt School 13910 - 122 Avenue NW, Edmonton, AB Notes: This session is for adults only.</p>	
<p>DATE: Tuesday, October 2, 2018 TIME: 6:00-7:30pm LOCATION: High Park School 40 Highridge Way, Stony Plain, AB Notes: This session is for adults only.</p>	
<p>DATE: Wednesday, October 10, 2018 TIME: 6:00-7:30pm LOCATION: Queen Alexandra School 7730 - 106 Street, Edmonton, AB Notes: This session is for adults only.</p>	

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Caregiver Education Sessions

Fall Poster- September – December 2018

Cannabis 101

Focus is on Caregivers of Teens Grades 7-12

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.

Register for a Cannabis 101 session at:

<https://www.surveymonkey.com/r/caregiversessions>

<p>DATE: Tuesday, September 25, 2018 TIME: 5:00 – 6:30 pm LOCATION: Jasper Place High School 8950 - 163 Street NW, Edmonton, AB Notes: This session is for adults only.</p>	<p>DATE: Tuesday, October 30, 2018 TIME: 6:00-7:30pm LOCATION: Rosslyn School 13215 - 113A Street NW, Edmonton, AB Notes: This session is for adults only.</p>
<p>DATE: Wednesday, October 3, 2018 TIME: 6:00-7:30pm LOCATION: Louis St. Laurent School 11230 - 43 Avenue, Edmonton, AB Notes: This session is for adults only.</p>	
<p>DATE: Tuesday, October 9, 2018 TIME: 6:00-7:30pm LOCATION: Rudolf Hennig Jr. High School 9512 - 92 Street, Fort Saskatchewan, AB Notes: This session is for adults only.</p>	
<p>DATE: Wednesday, October 24, 2018 TIME: 5:00 – 6:30 pm LOCATION: Westminster School 13712 - 104 Avenue NW, Edmonton, AB Notes: This session is for adults only.</p>	

Caregiver Education Sessions

Fall Poster- September – December 2018

Parenting Teens in the 21st Century: Respectful Limit Setting with Adolescents

Focus is on caregivers of teens grades 7-12

Wondering how you'll survive the teen years? Parenting teens is harder than ever for most parents today. In this session you will explore the challenges of being a teenager and parenting a teenager. You will learn how to establish healthy, respectful boundaries with your teen so that you can spend less time arguing and more time enjoying each other's company.

Register for a Parenting Teens in the 21st Century session at:
<https://www.surveymonkey.com/r/caregiversessions>

DATE: Tuesday, September 25, 2018
TIME: 6:00-7:30pm
LOCATION: École Leduc Jr. High School
4412 - 48 Street, Leduc, AB
Notes: This session is for adults only.

DATE: Wednesday, October 17, 2018
TIME: 6:00-7:30pm
LOCATION: Strathcona County Family and
Community Services
#200, 501 Festival Avenue, Sherwood Park, AB
Notes: This session is for adults only.

DATE: Thursday, October 18
TIME: 6:00-7:30pm
LOCATION: John D. Bracco School
3150 - 139 Avenue NW, Edmonton, AB
Notes: This session is for adults only.



Parent Participant Feedback

*"Thank you so much for coming
out to share this knowledge with
us. Great job!"*



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

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Caregiver Education Sessions

Fall Poster- September – December 2018

Parenting Strategies that Promote Positive Mental Health and Build Resiliency in Elementary School Children

Focus is on caregivers of kids grades K-6

Approximately 1 in 5 Canadian children are affected by a mental health issue. Explore factors that contribute to mental health and wellness, and learn how you can be your child's greatest mental health asset by using strategies that promote their mental health and wellness. Learn about the different types of stress and how some stress can be helpful in building children's resiliency and future success.

Register for the Parenting Strategies that Promote Positive Mental Health session at:
<https://www.surveymonkey.com/r/caregiversessions>

DATE: Tuesday, November 6, 2018 TIME: 6:00-7:30pm LOCATION: Grandin School 9844 - 110 Street NW, Edmonton, AB Notes: This session is for adults only.	DATE: Wednesday, November 21, 2018 TIME: 4:30 – 6:00 pm LOCATION: St. Timothy Catholic School 14330 - 117 Street NW, Edmonton, AB Notes: This session is for adults only.
DATE: Thursday, November 8, 2018 TIME: 6:00-7:30pm LOCATION: Forest Heights School 10304 - 81 Street NW, Edmonton, AB Notes: This session is for adults only.	DATE: Wednesday, November 28, 2018 TIME: 4:30-6:00 pm LOCATION: Progressive Academy 13212 - 106 Avenue NW, Edmonton, AB Notes: This session is for adults only.
DATE: Wednesday, November 14, 2018 TIME: 6:00-7:30pm LOCATION: Robina Baker School 1 Jasper Court South, Devon, AB Notes: This session is for adults only.	DATE: Thursday, November 29, 2018 TIME: 6:00-7:30pm LOCATION: George H. Luck School 300 Bulyea Road, Edmonton, AB Notes: This session is for adults only.
DATE: Tuesday, November 20, 2018 TIME: 6:00-7:30pm LOCATION: École Coloniale Estates School 37 Coloniale Way, Beaumont, AB Notes: This session is for adults only.	DATE: Wednesday, December 5, 2018 TIME: 6:00-7:30pm LOCATION: Queen Alexandra School 7730 - 106 Street NW, Edmonton, AB Notes: This session is for adults only.

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Caregiver Education Sessions

Fall Poster- September – December 2018

Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD

Focus is on caregivers of kids and teens grades K-12

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self-worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.

Register for an ADHD session at:

<https://www.surveymonkey.com/r/caregiversessions>

DATE: Thursday, November 1, 2018
TIME: 6:00-7:30pm
LOCATION: Calder School
12950 - 118 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, November 7, 2018
TIME: 6:00-7:30pm
LOCATION: Donnan School
7803 - 87 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, November 20, 2018
TIME: 6:00-7:30pm
LOCATION: Holy Trinity School
7007 - 28 Avenue NW, Edmonton, AB
Notes: This session is for adults only.



Parent Participant Feedback

"Incredibly informative presentation, I walked away with a better understanding [of ADHD]"

"I was really happy to learn this session existed. The information was helpful and clear. Thanks!"

"Well presented, informative, and positive. We can incorporate the strategies right away. Thank you."

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

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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.

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Caregiver Education Sessions

Fall Poster- September – December 2018

Test Anxiety: Strategies for Success

Does your teen prepare for a test only to freeze or blank out during the test? Does your teen's anxiety hold them back from their full potential? Test and performance anxiety is very common among students. This session will help teens learn how to succeed in spite of their anxiety and help caregivers support their teens to reduce test anxiety. We will explore what happens when a student experiences test anxiety and provide practical strategies and resources for you and your teens to use to manage anxiety symptoms.

★ *Both parents and teens (grade 7 – 12) are encouraged to attend this session together* ★

Register for a Test Anxiety session at:

<https://www.surveymonkey.com/r/caregiversessions>

DATE: Thursday, November 15, 2018
TIME: 5:30 – 7:00 pm
LOCATION: Father Michael Mireau School
3010 Spence Wynd SW, Edmonton, AB
★ Notes: Parents and Teens (Grades 7 – 12) to attend together.



DATE: Tuesday, December 4, 2018
TIME: 5:00 – 6:30 pm
LOCATION: Jasper Place High School
8950 - 163 Street NW, Edmonton, AB
★ Notes: Parents and Teens (Grades 7 – 12) to attend together.



Youth Participant Feedback

"I wasn't sure what to expect but it was very helpful!"

"Despite being dragged along, I believe I took something quite useful away from this talk."

"I now have good ways to calm myself down and prepare better for tests, thank you."

**Please contact the Education Team
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need to cancel your registration.**

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