

Upcoming 2018 CES Parent Sessions

To view all sessions and to register for a session:

<http://community.hmhc.ca/sessions/?p=in-person>

Sessions in partnership with Stepping Stones To Mental Health:

February

Feb 8th

Healthy Relationships: How parents can help their children create positive and healthy relationships

6:30pm – 8:30pm @ East Lake School

This presentation will focus on how parents can help children develop positive healthy relationships in their lives. Healthy relationships among youth are key to fostering positive social-emotional development, as well as preventing bullying and other relationship problems. The qualities of a healthy relationship will be outlined. Strategies to help parents talk about relationships and promote healthy and positive relationships will be provided. The purpose of this presentation is to empower parents to have meaningful conversations with their children to build the parent-child relationship, as well as provide strategies that parents can use to help their children develop healthy relationships with other adults and their peers.

Feb 15th

Supporting your Anxious Child – What Works and What Doesn't

6:30pm – 8:30pm @ C.W. Perry School

This workshop offers an introduction to childhood stress and anxiety. Topics will include: what is the difference between stress and anxiety? When is anxiety helpful; when is it not? Examples of how anxiety can “look”- both at home and in the classroom - will be provided. Hands-on, take-home strategies will be combined with evidence-based theory, in order to better understand what is helpful and less helpful when supporting your anxious child.

Session Poster: <http://community.hmhc.ca/sessions/files/2018-01-09-15-47-09-Feb-15-Supporting-Anxious-Child.pdf>

March

Mar 8th

ADHD & Executive Functioning

6:30pm – 8:30pm @ Bert Church High School

The session will be an overview of ADHD and how issues with impulsivity and/or inattention impact children's ability to manage their environments. The session will also explore the impact ADHD has on Executive Functioning and how it relates to managing everyday tasks, and meeting daily expectations at home and at school, including social, emotional, behavioural and academic demands.

Mar 15th

[Understanding Mindfulness \(MindUP Program in School\)](#)

[6:30pm – 8:30pm @ Bert Church High School](#)

This session will outline/discuss the main content in the MindUP program, how understanding the brain can improve self-regulation and the science behind neuroplasticity. Using a hands on approach this session will teach skills related to these concepts using mindfulness. This session will also discuss how the brain influences thinking, emotions and behaviour. Improved self-regulation can lead to better focus in school, better cooperation with others and improved self-awareness and self-control.

April

Apr 17th

[Do you know what to say? How to talk with children and teens about sexuality?](#)

[6:30pm – 8:30pm @ Mitford School](#)

Are you ready to answer the questions your kids could ask? In this session, we will explore how to support healthy development by talking to children and teens about sexuality, identify reasons to discuss sexuality in a positive way with children of any age. Participants will gain understanding of child and teen sexual development and behavior and discuss practical strategies about how to support children and youth develop healthy sexuality, boundaries, values.

Apr 19th

[Navigating the Social Media Nightmare](#)

[6:30pm – 8:30pm @ Bert Church High School](#)

This session will cover: what social media platforms are out there and which ones are popular? What are the dangers associated with social media? How can I educate myself and support my child to be safe on social media? Participants are encouraged to bring their device, along with any questions they might have regarding social media.

Apr 24th

[Navigating the Social Media Nightmare](#)

[6:30pm – 8:30pm @ Langdon School](#)

This session will cover: what social media platforms are out there and which ones are popular? What are the dangers associated with social media? How can I educate myself and support my child to be safe on social media? Participants are encouraged to bring their device, along with any questions they might have regarding social media.

May

May 10th

[Understanding Childhood Stress and Anxiety with Practical Tools to Implement in the Home](#)

[6:30pm – 8:30pm @ Bert Church High School](#)

A discussion on anxiety and stress in children; what it is, what it may look like, and how you can help your child. How to use strategies such as mindfulness and relaxation with your child as well as resources that can support caregivers and their children.