



COMMUNITY EDUCATION SERVICE

September 2025



Welcome Back!

We're excited to reconnect with you through the CES newsletter! As always, our goal is to support families and caregivers with trusted, accessible mental health and wellness information. Please help us spread the word - share our newsletter and presentation posters with your networks, schools, and communities.

Your support helps us reach those who need it most.

A few reminders

- CES presentations are FREE
- They qualify as Cat B learning credits
- Not all presentations are recorded or include handouts
- Attendance certificates are always emailed within 3 days

Have a topic you'd like us to cover? We'd love to hear from you! Send your suggestions to ces@recoveryalberta.ca

Are you looking to expand your knowledge on parenting and child development?

Community Education Service (CES) offers evidence-informed presentations that are free for everyone, parents/caregivers/grandparents alike.
Plus, you'll receive an attendance certificate to acknowledge your participation.



Upcoming
Zoom webinars



Newsletter
sign up



Missed a live session?
Select past webinars
can be viewed here

ces@recoveryalberta.ca



Contact us
CES@recoveryalberta.ca

Community Education Service acknowledges that the land on which we virtually gather is the traditional territories of the people of the Treaty 7 region in Southern Alberta. The City of Calgary is also home to Métis Nation of Alberta, Region 3.

DISCLAIMER

Recovery Alberta's Community Education Service (CES) provides a platform for its presenters to share their expertise and knowledge on mental health-related topics. However, it is important to note that AHS does not endorse or take responsibility for the views, opinions, or content shared by externally vetted presenters. The information provided by these presenters is their own and does not necessarily reflect the views or policies of Recovery Alberta.

Recovery Alberta aims to provide diverse perspectives and information to the public, but it is essential for individuals to critically evaluate the content presented by external speakers. Recovery Alberta encourages individuals to consult with healthcare professionals or trusted sources for personalized medical advice or information.

It is important to recognize that the content shared by externally vetted presenters may not always align with Recovery Alberta's official guidelines or recommendations. Therefore, individuals should approach the information with discernment and seek additional sources when making health-related decisions.

While CES facilitates opportunities for external speakers to contribute to public discourse on mental health topics, it does not assume responsibility for their viewpoints or content.





Community Education Service



Improving emotional health and wellbeing

Big Feelings, Calm Tools: Emotion Regulation Across Ages: Helping Children and Teens Build Calm and Resilience

Shannon Kelly, Registered Psychologist
Creative Sky Psychology

With Creative Sky Psychology, participants will gain an understanding of how emotion regulation develops in children and teens, and how parents and caregivers can best support each stage. Attendees will leave with practical strategies they can apply to help young people manage big feelings with confidence.

Participants will learn:

- The developmental differences in how children vs. teens regulate emotions
- Practical strategies for calming and co-regulating with children
- Autonomy-building tools to help teens take ownership of their coping skills
- How caregivers can model healthy emotional regulation at any age
- Simple, effective practices to strengthen emotional resilience at home



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and **Creative Sky Psychology**.

September 18th, 2025
12:00 PM – 1:30 PM

[Click here to register](#)

FREE



[Register](#)

Community Education Service



Improving emotional health and wellbeing

Collective Action to Prevent Adverse Childhood Experiences (ACES) and Promote Healing in Youth Growing up with Parental Substance Use Challenges

Presented by: Agnes Chen, Registered Nurse, Founder and Executive Director, Starlings Community

After this session, participants will be able to:

1. Understand ACEs in the context of parental substance use
2. Acknowledge structural and systemic contributors to adversity in youth
3. Identify ways the community can prevent ACEs and enable recovery and healing in youth

September 22, 2025
12:00 PM – 1:30 PM

[Click here to register](#)

FREE

[online event](#)

[Register](#)



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and **Starlings Community**.

ces@recoveryalberta.ca | <http://community.hmhc.ca> | 403 955 4730

Community Education Service



Improving emotional health and wellbeing

Sexual Exploitation 101 for Natural Supports

Bree McClellan BCST, CYCC (Pronouns: She/Her)
Coordinator, COPE Program

Participants will

- Increase their awareness of sexual exploitation within Calgary and area while learning how to identify risks associated with sexual exploitation in the community and online.
- Explore risk factors and unmet needs of youth through developing a greater understanding of the Stages of Grooming.
- Engage in a discussion around prevention/early intervention-based safety strategies, resources and supports available to reduce and respond to sexual exploitation risk in our communities.

September 22, 2025
6:30 pm - 8:30 pm

Click here to register

FREE

online event

[Register](#)



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and **COPE, McMan**.

Community Education Service



Improving emotional health and wellbeing

Unmasking ADHD in Girls: Insights, Strategies, and Next Steps

Dr. Alethea Heudes, Registered Psychologist
Heudes Child Psychology and Consulting

This presentation explores how ADHD can present differently in girls often overlooked or misunderstood and how it impacts their day-to-day lives.

Participants will leave with strategies, tools, and guidance on next steps for seeking a diagnosis and/or accessing support



September 23rd, 2025
6:30 PM – 8:00 PM

[Click here to register](#)

FREE



[Register](#)

This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of [Recovery Alberta](#) and [Heudes Child Psychology and Consulting](#).

Community Education Service



Improving emotional health and wellbeing

Can We Talk: Sexual Health and Parenting

Diana Wark (She/Her), Parent Program Coordinator for Centre for Sexuality

Join us for an interactive workshop to learn how to navigate those sometimes awkward but essential conversations that foster well-being, healthy relationships and informed decision-making. We empower parents with knowledge, skills and confidence to engage in open, honest and supportive conversations about sexuality and sexual health with their children.

This session provides tools to clarify and talk about family values around sexuality and sexual health, explore the role of parents and schools in sexual health education and discuss the concept of sexuality wholistically

September 24th 2025

1:00 PM – 3:00 PM

[Click here to register](#)

FREE

[online event](#)

[Register](#)



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of [Recovery Alberta](#) and [Centre for Sexuality](#)

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Juno House™: Specializing in adolescent girls and young women's mental health presents the Juno House Therapeutic Model of Treatment™

Navigating Technology with our Youth

Andrea Halwas Larsen, PhD, CT, REACE

Counselling Therapist

Associate Therapist and Education Coordinator at Juno House

In this 1.5 hour presentation, we will discuss the role of technology and today's youth. The message of this presentation is not only based on technology, but also about a child's healthy brain development and the necessary parenting/caregiver role in creating healthy, emotional, regulated, and integrated brains. This presentation will address the underpinning of a child's emotional brain development and how to grow it, as well as how technology can dangerously hijack this.

We believe that talking does not grow neurons; experience grows neurons. This workshop is designed to give attendees the skills to become their child's emotional coach. The workshop will provide participants with:

- An understanding of the basic neuroscience behind healthy brain development,
- The dangers of technology for healthy brain development,
- Technology use rules that will help your child
- When building healthy brains, how to identify emotions in your child/student, and
- How to become your child's/student's emotional coach in only five steps and in that, build a resilient child.

The presentation is facilitated by a therapist from Juno House who has years of both clinical and facilitating experience. Juno House was founded in 2008 as a Centre of Excellence for adolescent girls and young women who are experiencing anxiety-based mental health issues of self-harm, obsessive compulsive disorders, depression and eating disorders.



September 25th , 2025

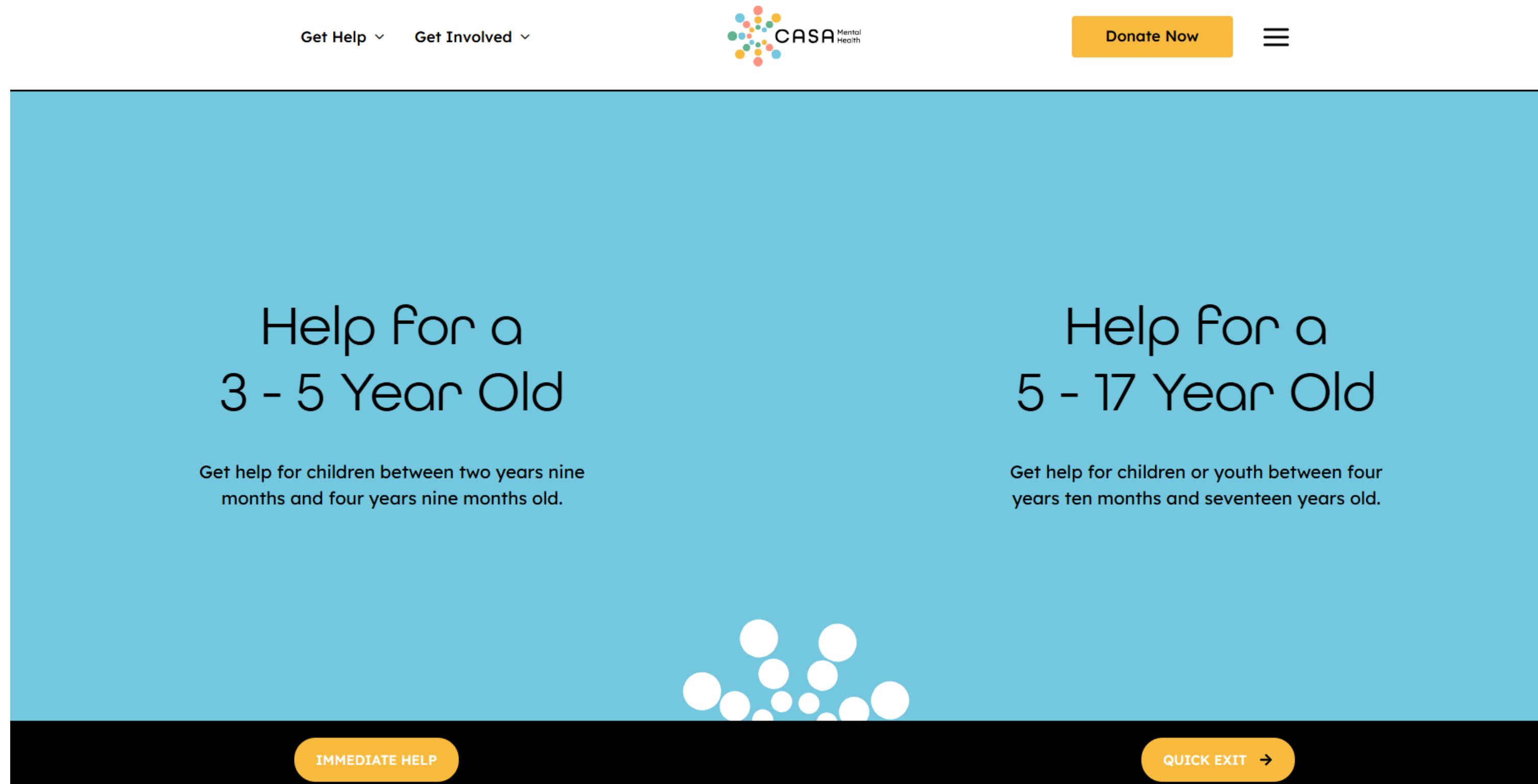
12:00 PM – 1:30 PM

[Registration link](#)



[Register](#)

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Recovery Alberta in partnership with [Juno House](#) and is sponsored by the [Arnica Foundation](#).

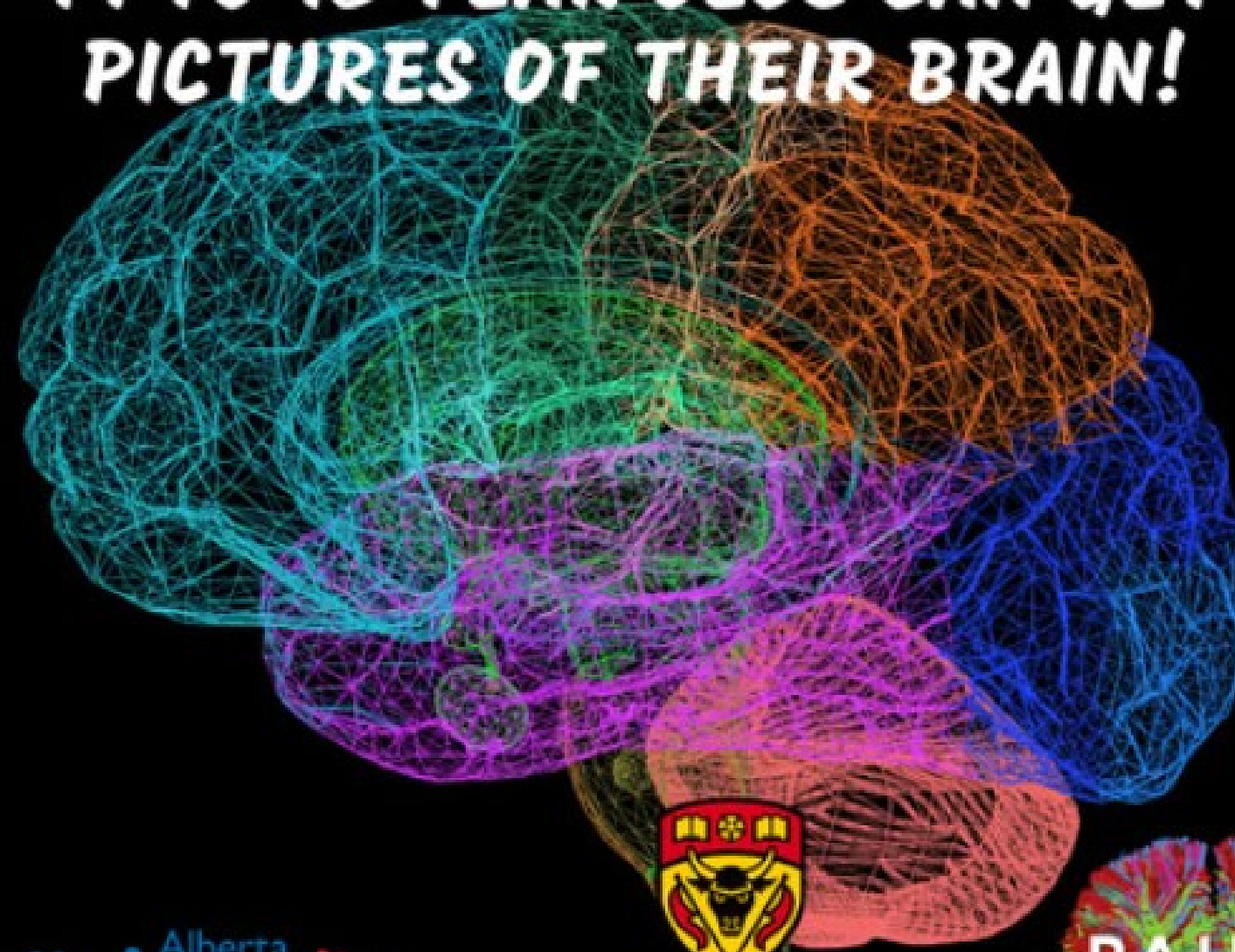


Children and youth in the Calgary area are one step closer to receiving comprehensive trauma treatment. **CASA** is officially accepting referrals for its Trauma program which launches August 11. The program treats symptoms by nurturing connection and safety in the caregiver-child relationship.

Trauma Program

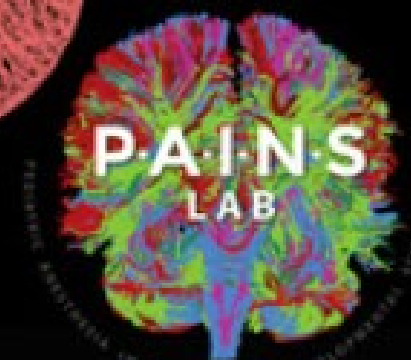
BRAIN STUDY

**14 TO 18 YEAR OLDS CAN GET
PICTURES OF THEIR BRAIN!**



Alberta
Children's
HOSPITAL
RESEARCH INSTITUTE

UNIVERSITY OF
CALGARY



Contact:
Dr. Jillian Miller at
403-955-5768 or
info@painslab.ca



Join a

RESEARCH REGISTRY

and participate in

CHILD AND YOUTH MENTAL HEALTH RESEARCH

AGES 0-18 &
THEIR FAMILIES

Why Participate?

- ✓ Contribute to science.
- ✓ Help improve mental health care in your community.
- ✓ Learn about scientific research.
- ✓ Some studies offer **access to new treatments and testing.**
- ✓ Most studies provide compensation for your time and effort.

TO JOIN:

CLICK HERE

 www.mentalhealthresearch4kids.ca
 mhresearch4kids@ucalgary.ca

[More Info](#)



This study was made possible through the generous community support from the Alberta Children's Hospital Foundation and has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB21-1017).

HELP *Advance* MENTAL HEALTH RESEARCH

WE ARE RECRUITING!

THIS STUDY INVOLVES

-  A placebo-controlled study testing sertraline in youth with neurodevelopmental disorders.
-  Assessing the improvement of anxiety symptoms in youth over time
-  Bloodwork for safety monitoring & smartwatch technology

WE ARE LOOKING FOR:

-  Youth Aged 8–17 years,
-  Autism, ADHD, Tic Disorder diagnoses, Fragile X, Tuberous Sclerosis, or 22q11 deletions
-  Experiencing significant anxiety





Visit the newly upgraded and
glowed-up Mental health Online
Resources for Educators (MORE)
for over 60 FREE professional
development courses.

[MORE](#)



Community Health Promotion
Services (CHPS) aims to prevent
and reduce harms related to
substance misuse and mental
health disorders by maximizing
the well-being of children,
adolescents and families. Our
team works in the Calgary Zone
as a part of Recovery Alberta's
Child & Adolescent Addiction,
Mental Health & Psychiatry
Programs (CAAMHPP).

[chps](#)

