



COMMUNITY EDUCATION SERVICE

November 2025

NATIONAL CHILD DAY – Nov 20

The United Nations adopted the Convention on the Rights of the Child (CRC) on November 20, 1989. Canada joined in 1991, making a commitment to ensure that all children are treated with dignity and respect and have every opportunity to reach their full potential.

Learn more: [Convention on the Rights of the Child](#)
Learn more: [NationalChildDay](#)

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.

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 emailed within 5 days

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

Growing Resilient Teens

Andrea Halwas Larsen, PhD, CT, REACE
Associate Therapist and Education Coordinator of Juno House

Before high school graduation, 1/3 of adolescent girls will experience depression, anxiety disorders, self-harm or an eating disorder. However, parents, coaches and teachers have extraordinary healing powers to support our teens as they develop into young adulthood.

Resilience is not taught; it is grown in our children. There are ways that we can help our children become more resilient starting within our relationship first.

This session 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.

This 90-minute session will provide participants with:

- a basic introduction of interpersonal neurobiology and anxiety,
- the essential role emotions play in mental well-being,
- how to identify emotions in your child,
- strategies to have a better relationship with your child including how to be an emotion coach.



[Register](#)



November 4th, 2025
12:00 PM – 1:30 PM

[Register Here](#)



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 [Juno House](#) and is sponsored by the [Arnica Foundation](#).

Community Education Service



Improving emotional health and wellbeing

Mental Health for Highly Sensitive Teens; Unique Struggles for these Emotional Feelers

Tracy Fields, MSW, RSW
Tracy Fields Counselling

Highly sensitive teens are often misunderstood by parents and teachers as they often have stronger emotional reactions.

In this presentation, learn why this happens, and the necessary tools required to help these teens manage their emotions so they don't become derailed.

November 5th , 2025
11:00 AM – 12:30 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 **Tracy Fields Counselling**.

Community Education Service



Improving emotional health and wellbeing

ADHD, Autism and Anxiety Can you have them all?

Dr. Cheryl Gilbert MacLeod, Registered Psychologist
The Family Psychology Place

ADHD, Autism and Anxiety share common characteristics. This presentation aims to help parents, caregivers, and educators what these characteristics are, how they are often misdiagnosed, and ways to help support your child/student with one or all of these diagnoses.

November 6th, 2025
11:30 AM – 1:00 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 **The Family Psychology Place**.



Community Education Service



Improving emotional health and wellbeing

Good-bye Sleepless Nights: Infant Sleep Training for Parents

Mary MacLeod, MSc, Community Health, Cumming School of Medicine,
Director of Research Family Sleep Institute, Founder of De Somno, Member of
– International Pediatric Sleep Association, Behavioural Sleep Medicine
Association, International Association of Child Sleep Consultants

If you've spent hours Googling "why isn't my baby sleeping," join us for an evidence-based common approach to infant sleep. We'll help you navigate the challenges of infant sleep, leaving you with tools and strategies so you and your baby get restful sleep.

[Register](#)

Nov 17, 2025
1:00 pm - 2:00 pm

Click here to register
FREE
online event



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**.

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

Community Education Service



Improving emotional health and wellbeing

Can We Talk: Health Relationships

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 we will describe and explore healthy, unhealthy, and abusive relationship patterns. We will learn about effective communication and practice discussing topics related to romantic/intimate relationships in ways that are grounded in your values.

November 18th 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](#)

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

Community Education Service



Improving emotional health and wellbeing

The Elephant in the Room: The Lived Experiences of Diagnostic Disclosure and Nondisclosure in Autism

Presented by: Brittany R. Lorentz, MSc.
Doctoral Candidate & Provisional Registered Psychologist
School and Applied Child Psychology, Werklund School of Education
ASERT Research Lab

Objectives:

- Understand the nuanced experiences of guardians and autistic individuals regarding diagnosis disclosure.
- Recognize the decision-making process and the emotional/developmental significance of disclosure timing.
- Apply practical insights to support families in navigating whether, when, and how to disclose an autism diagnosis.

November 18, 2025

6:30 PM – 8:00 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** in partnership with the **ASERT Research Lab, Werklund School of Education** at the **University of Calgary**.

Community Education Service



Improving emotional health and wellbeing

Dyslexia Essentials

Tanya Keto (MEd), Clinic Co-Director, Registered Psychologist
AVERY Family and School Psychology Services

This presentation is suited for both caregivers of children/youth and educators working with children/youth.

Occurring in an estimated 5-15% of the population, Dyslexia refers to individuals who have foundational and often extreme difficulties with reading, spelling, and writing. These difficulties span academic settings and grades and can impact reading comprehension, the development of vocabulary, and the ability to spell and communicate in writing. Educators and caregivers play a critical role in the trajectory and outcomes of students with Dyslexia, and there is so much we can do to help these kids and alter their trajectories.

In this session we will discuss:

- Red flags
- Diagnosis, statistics, and developmental trajectory of students with Dyslexia.
- Cognitive processes involved in reading.
- Evidence-based Tier 2 and 3 interventions.

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 **Avery Family and School Psychology Services**.



November 19th, 2025

1:00 PM – 3:00 PM

[Click here to register](#)

FREE
[online event](#)



[Register](#)

Community Education Service



Improving emotional health and wellbeing

Practical Insights for Adults Supporting Young People with ADHD

Jay Johnson, Registered Psychologist
The Family Psychology Place

The recent uptick in awareness and diagnosis of ADHD among young people has been encouraging, but it also brings additional challenges for the adults that work with them. This talk is aimed at assisting those that support this group (parents, teachers, mentors, etc.) through information, insights, and potential strategies to meet the unique needs of this population.

Outcomes: information on adolescent ADHD, the unique demands of working with it, how we as adults can more effectively support, practical strategies for home/school/public environments.

November 20th , 2025
11:00 AM – 12:30 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 **The Family Psychology Place**.

Community Education Service



Improving emotional health and wellbeing

Gangs & Guns

Adriana Dewar, B.A., M.A., Community Outreach Coordinator
YouthLink Calgary Police Interpretive Centre

- Understand the current gang-related challenges and occurrences happening within the city of Calgary.
- Learn how to recognize if your child is participating in high-risk behavior and how young people become involved.
- Know the effects organized crime has on the community and families involved.
- Gain skills to help support young people in avoiding a high-risk lifestyle.
- Learn what you can do in your community, in your home and where to get help.
- Understand the work taking place by the Calgary Police Service to combat gang-related issues.

November 24, 2025
1:30 pm - 2:45 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 [Youthlink Calgary Police Interpretive Centre](#)

Community Education Service



Improving emotional health and wellbeing

Real Talk: Break the Cycle of Domestic Abuse

Presented by: Trevor Williams & Dana Zegers, Real Talk Coordinators, Sagesse

Domestic abuse is at epidemic levels in Alberta with 1 in 3 individuals experiencing violence in their lifetime. Incidents of domestic abuse exist across rural and urban areas, within all cultural and faith communities, all ages, amongst university educated professionals with a roof over their heads and those who don't know where their next safe place to sleep will be. Children are significantly impacted living in homes where domestic abuse occurs, and early identification of difficulties can lead to earlier and more effective support for children and their families. It's time to get real. In Real Talk participants will learn how to recognize and talk about domestic abuse, they will learn how to support someone if they know or suspect that they might be experiencing it and learn where and how they can refer to community resources.

November 25, 2025
11:00 AM – 12:30 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 [Real Talk, Sagesse](#).

Community Education Service



Improving emotional health and wellbeing

Supporting Youth

How to Respond to Sexual Health Misinformation

Presented by: Primary Care Alberta, Sexual & Reproductive Health, Calgary Zone

Everyone needs quality information about sexuality to be healthy, yet misinformation and disinformation about sexuality continues to cause problems for youth. In this session, we will talk about:

- Mis-, dis-, and mal-information - where do youth come across them and how they impact youth mental and sexual health
- How sexuality education and media literacy offer useful responses to mis-, dis-, and mal-information and support youth mental and sexual health
- Tips for supporting youth media and sexual health literacy
- Reputable, youth friendly resources for credible sexuality information

November 26, 2025
10:00 AM – 11:30 AM

[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 **Sexual & Reproductive Health, Primary Care Alberta.**



Improving emotional health and wellbeing

Brave Minds, Flexible Futures : 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 explore how problem-solving and resilience develop across childhood and adolescence and how parents can nurture these skills through everyday moments. You will leave feeling equipped with creative, evidence-based strategies to help your child handle challenges with calm, confidence, and flexibility.

Participants will learn:

- How children and teens think through problems differently — and why it matters
- The link between frustration tolerance, emotional safety, and real-world resilience
- Coaching language that builds problem-solving confidence (without rescuing!)
- How to help kids recover from mistakes and try again
- Simple family routines that strengthen adaptability and optimism

November 27th, 2025
6:30 PM – 8:00 PM

[Click here to register](#)

FREE

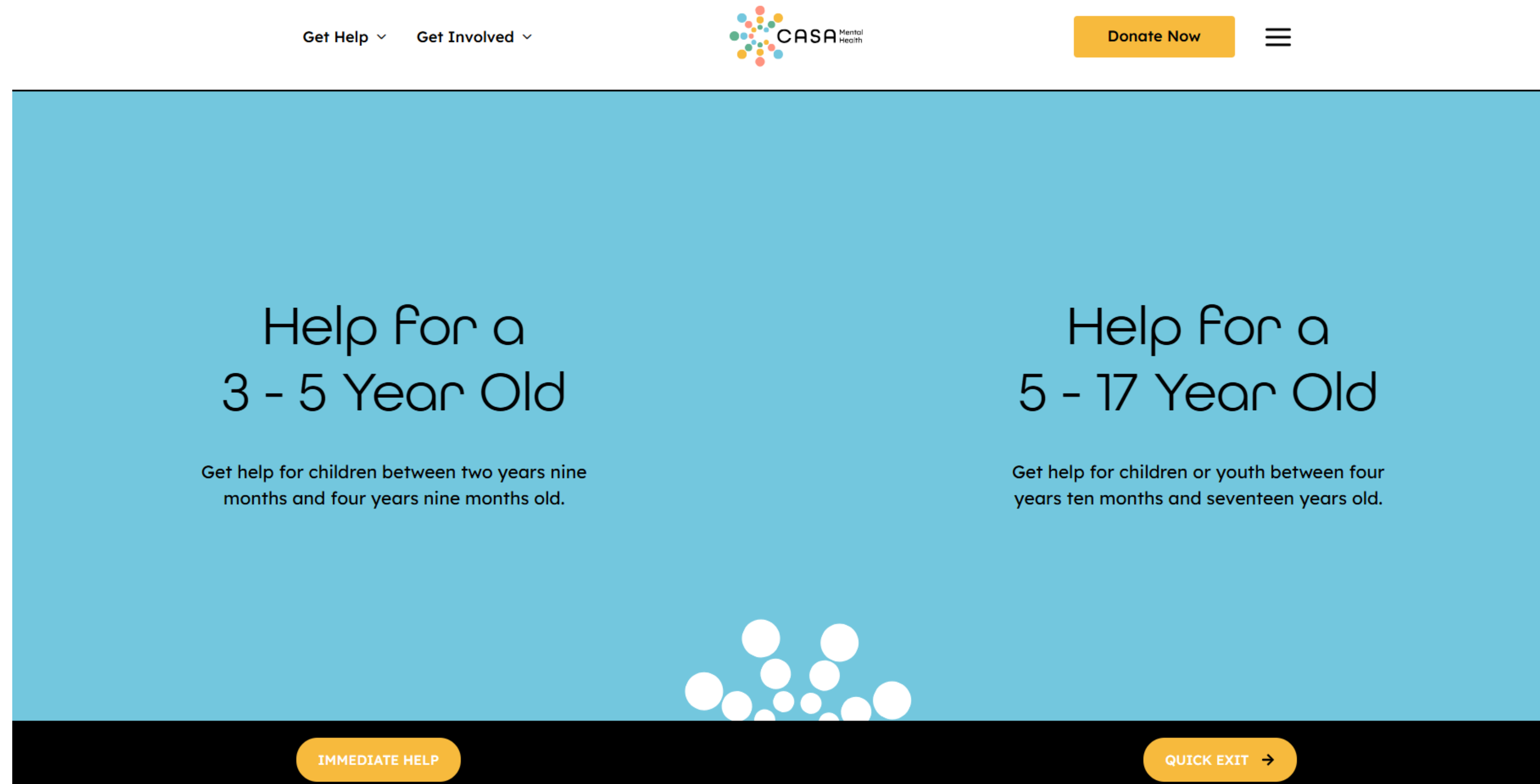


creative sky
PSYCHOLOGY

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**.

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

[Register](#)

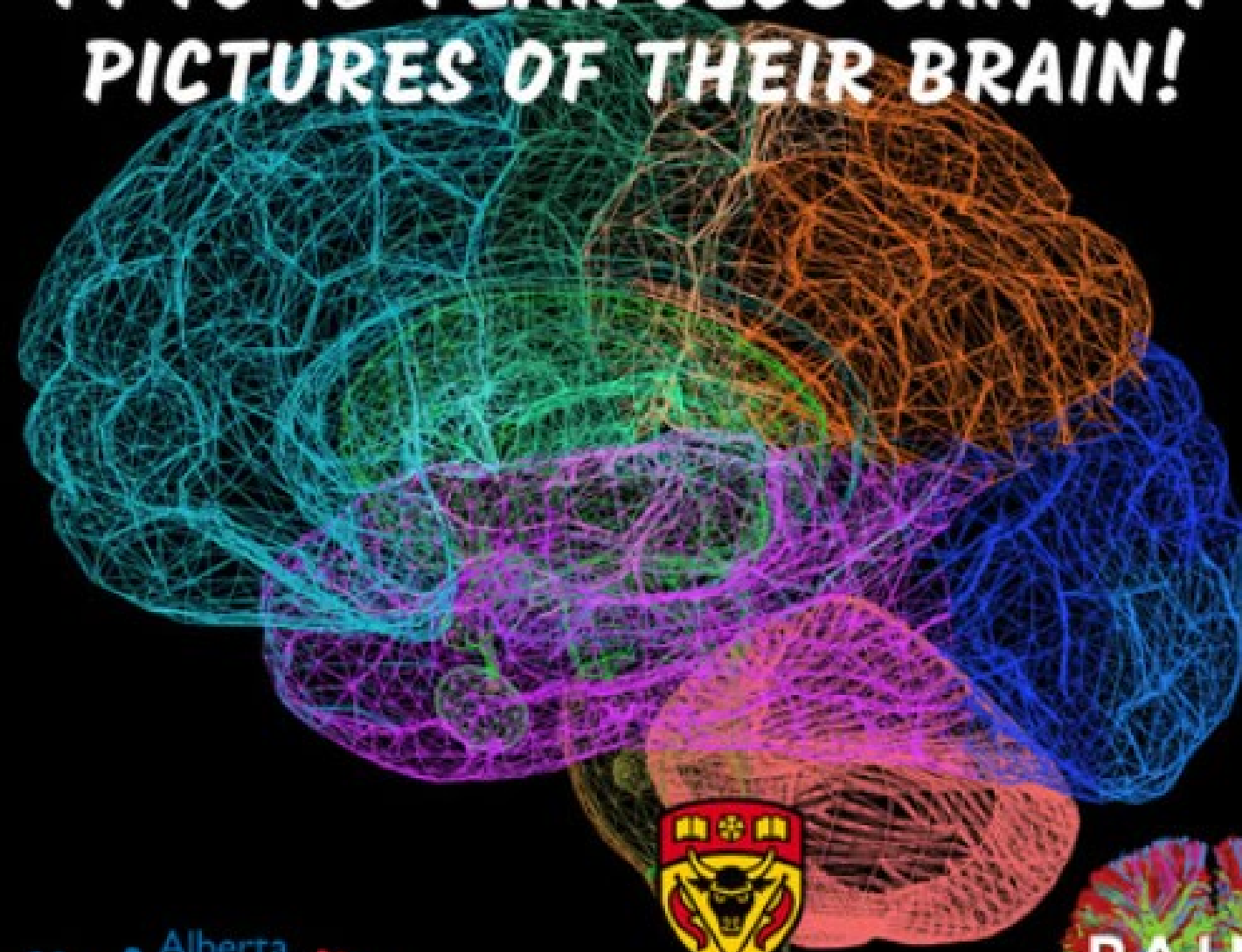


Children and youth in the Calgary area are one step closer to receiving comprehensive trauma treatment. **CASA** is officially accepting referrals for its Trauma program which launches August 11. The program treats symptoms by nurturing connection and safety in the caregiver-child relationship.

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](#)



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