

Caregiver Education Team Newsletter

January / February 2025



Recovery Alberta is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and teens

Part 1:
An Introduction
Wednesday, February 5
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Wednesday, February 12
12:00 – 1:00 pm

Part 3:
Settling Our Minds
Wednesday, February 19
12:00 – 1:00 pm

Part 4:
Overcoming Avoidance
Wednesday, February 26
12:00 – 1:00 pm

Adult Education Sessions

Sleeping Your Way to Better Mental Health

For adults supporting their own wellness or the wellness of others

Wednesday, January 15
12:00 – 1:00 pm

Journey Together *Ways to Support Mental Health in Everyday Interactions*

For adults supporting their own wellness or the wellness of others

Wednesday, January 22
12:00 – 1:00 pm

Caregiver Education Sessions

Body Image and Eating Disorders

For parents and caregivers supporting adults or teens (grades 7-12)

Wednesday, January 22
6:00 – 7:30 pm

Technology and the Teenage Brain

For parents and caregivers of teens (grades 7-12)

Wednesday, February 19
6:00 – 7:30 pm

Participant Feedback

“Thank you for a well-structured, informative session. It was a great reflection.”



Professional Practice & Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca