

PARENT SERIES

TEENS
PARENTS



JANUARY 2018

Trying to best meet the needs of both our student and parent populations, along with the support of trained and educated community partners, will be putting on a **PARENT SERIES** in January with the hopes of addressing overwhelming areas of need.

Both parents and students are welcome to attend.

Sessions will be held in the **ST.THERESA THEATRE or the front foyer**, depending on the date(s) you are choosing to attend.

Please note that the sessions held at St. Theresa Catholic School are welcome to all people within Strathcona County. Please feel free to bring a family member or friend who may benefit from one or all of the evenings.

Contact:

AMY ANTONY amy@eics.ab.ca to RSVP for Night 1 and 2. Contact **caterina.rylance@eics.ab.ca** to RSVP for Night 3. Come to one or all 3!!!!

1

ANXIETY, DEPRESSION, and SUICIDE AWARENESS INFORMATION NIGHT

Mon., January 15 at 6:30 – 8:00pm at St. Theresa

Introduction to the world of anxiety, depression and suicide awareness. Focus on knowing the why, the what, and the how to improve. Students dealing with mental health stresses shouldn't have to do so on their own.

2

CYBERWORLD: A CAREGIVER'S GUIDE to RAISING HEALTHY DIGITAL CITIZENS

Mon., January 22 at 6:30 -8:00 pm at St.T's

Learn about digital media, the risks and benefits of social media, online safety strategies and its role in overall wellbeing. Caregivers/parents are invited to attend Cyber-World presented by the Saffron Centre and Keys to Empowering Youth to Succeed (KEYS). More information: 780 464 4044 or www.strathcona.ca/KEYS

3

ELL COMMUNITY SUPPORT NIGHT

Mon., January 29 at 5 -7:00 pm at St. Theresa

A night to join in community, connect with families in our district and learn about supports that are available to newcomers to Canada. This will be the grand opening of St. Theresa's Cultural Center open to students. This room would not be possible without the support and generous donation of the Aspen Foundation for Labour Education