



Child & Youth Well-Being | Family and Caregiver Series 2023-2024

In partnership with the
Calgary Board of
Education and Alberta
Health Services

Foothills School Division is inviting all families and caregivers to join us in an online series focusing on child and youth well-being. These sessions are hosted by the Calgary Board of Education in partnership with experts from Alberta Health Services and will explore topics such as vaping, brain development, mental health and sexual health.

These sessions are offered free of charge and provide information, resources, helplines and services to support healthy child and youth development.

Understanding Vaping | November 16 | 6:30pm-8:30pm

Across Canada, e-cigarette use, also known as vaping, is reaching new heights amongst teenagers. This presentation will focus on common devices used for vaping, substances vaped such as nicotine and cannabis, and the health risks associated with vaping. We will present on how to engage in challenging conversations with your young person regarding vaping.

[Meeting Link](#)

Teen Brain Development | January 18 | 6:30pm-8:30pm

Teen brains are amazing, but working with brains under construction comes with challenges. How do you nurture and appreciate this time? Adolescence is known across cultures as a tough time for both teens and adults who support them. Adults and teens can work together to form a deeper understanding of what is happening in the brain creating a deeper understanding of one another. Come learn with us!

[Meeting Link](#)

Mental Health & Anxiety (Grades K-6) | February 8 | 6:30pm-8:30pm

Anxiety is one of the most common mental health concerns affecting children and families across the lifespan. Parents and schools play an essential role in helping children manage their anxiety. This session will explore what anxiety and stress are, how to recognize it, and how to support K-6 children to increase resilience.

[Meeting Link](#)

Mental Health & Anxiety (Grades 7-12) | March 14 | 6:30pm-8:30pm

Anxiety is one of the most common mental health concerns affecting children and families across the lifespan. Parents and schools play an essential role in helping teens manage their anxiety. This session will explore what anxiety and stress are, how to recognize it, and how to grade 7-12 teens to increase resilience.

[Meeting Link](#)

Healthy Sexual Development | April 11 | 6:30pm-8:30pm

As the first and most important sexuality educators, parents and caregivers play a critical role in their children's healthy sexual development. Learn how, when and why to talk to your children about sexuality and how to support healthy values development in children. This session will also explore what sexuality education look like at school and how you can support it.

[Meeting Link](#)

Save the Dates

November 16

Understanding Vaping

January 18

Teen Brain Development

February 8

Mental Health & Anxiety
(Elementary)

March 14

Mental Health & Anxiety
(Jr. High / High School)

April 11

Health Sexual Development