



NAVIGATING THE SHIFT

Free Parent Learning Series 2026-2027

Supporting parents and caregivers through every stage of childhood and adolescence.
Free workshops for parents and caregivers. Everyone is welcome.

DATE	TITLE	AGENCY	LOCATION
October 14 th	ADHD	Heartland Psychology	James Mowat
October 15 th 6:00pm – 8:00pm	S.A.F.E.R. Online	SAFFRON	Rudolph Hennig
October 26 th 6:30pm – 8:00pm	Fueling the Transition: Nutrition for the Move to Junior High	PCN, Dietician	TBD
October – November	Surviving the Teen Years	Institute of Child Psychology	VIRTUAL/ Recorded
November 4 th 12:00pm – 1:00pm	Raising Financially Fit Kids	Credit Counselling Society	VIRTUAL
November 5 th 6:30pm – 8:00pm	Supporting Boys' Mental Health	Recovery Alberta	TBD
November 19 th 6:30 – 8:30pm	Guiding your Child Through Life Transitions	Autism Edmonton	TBD
December 3 rd 6:30 – 8:30pm	Neurodivergent Youth and Mental Health	PCN – Behavioral Health Consultant	TBD
February 9 th 6:30pm – 8:00pm	Understanding ADHD: Tools for Caregivers	Recovery Alberta	James Mowat School
February 17 th 6:30pm – 8:30pm	Building Routines for Independent Learning	PCN – Behavioural Consultant	TBD
February 23 rd 6:30- 8:00pm	Fostering Emotional Regulation	Institute of Child Psychology	James Mowat School <i>Presenter Tania Johnson</i>
March 18 th 6:00pm – 8:00pm	Practices for Prevention	SAFFRON	TBD
March 1 st - 31 st	Support Social & Emotional Development	Institute of Child Psychology	VIRTUAL/ Recorded

Learn more and view the full schedule:
fortsask.ca/FCSSworkshops