

2020-2021 COURSES

Learners can anticipate each course to take 2 hours, approximately 60 minutes for viewing the presentation and approximately 60 minutes for discussion board participation and review of suggested resources

October	Supporting and Debriefing During and After the COVID Pandemic
November	Screen time and mental health: The Good, The Bad, the Ugly
January	The Gut-Brain Connection, Part 2: The Microbiome and Early Brain/Child Development, Food Intolerances, Antibiotics, Antacids, and How A Healthy Diet Can Help
February	Acceptance and Commitment Therapy: The Myth of Happiness and the ACT approach to it
March	Attachment 101: An Overview of Attachment Theory and its Practical Applications
April	The Other Pandemic: Direct and Indirect Effects of the COVID-19 Virus Infection on Mental Health
May	Childhood Maltreatment and the Impact on Attachment

Contact Us

Healthy Minds Healthy Children
Continuing Professional Development
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Visit us on the web at: <https://wp.hmhc.ca>

Register at:

<https://wp.hmhc.ca/cpd/>

Fees:

Free for Alberta Residents

Out of Province: The Registrar will contact you with further information upon receipt.

HEALTHY MINDS HEALTHY CHILDREN CONTINUING PROFESSIONAL DEVELOPMENT

2020-21 Curriculum Year

ACCREDITATION

*Managing Child and Adolescent Mental Health Issues in a Primary Care Setting. Healthy Minds/ Healthy Children (HM/HC) Continuing Professional Development (CPD) program supports Alberta primary care providers' efforts to meet the mental health needs of children and adolescents. **The CPD program is intended for primary care practitioners who see children and adolescents with mental health problems.***

Objectives: 1. To increase the skills and confidence of primary care practitioners to effectively address the mental health needs of their young patients; 2. To promote inter-professional dialogue among health care providers treating or working with child and adolescent mental health problems

The courses are ideal for professionals that provide services to children or youth with addiction or mental health issues including: *Physicians, Social Workers, Nurses, Counsellors, Psychologists.*

Certified: This Self-Learning program has been certified by the College of Family Physicians of Canada and the Alberta Chapter for up to 14 Mainpro+ credits.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Calgary Office of Continuing Medical Education and Professional Development. You may claim a maximum of 14 hours (credits are automatically calculated).

Oct 2020: 2 hours Jan 2021: 2 hours Mar 2021: 2 hours May 2021: 2 hours
Nov 2020: 2 hours Feb 2021: 2 hours Apr 2021: 2 hours

Claiming your credits: Visit MAINPORT <https://mainport.royalcollege.ca> to record your learning and outcomes.

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.ama-assn.org/go/internationalcme .

* Free for Professionals in Alberta