

# *Family 2 Family*

Join our Glenrose clinicians and community partners for **virtual presentations** providing strategies and resources on topics that affect the quality of life for children and families.

## **Advocacy 101: From Awareness to Action**

Wednesday April 23, 2025

6:30 – 8:00pm

## **Acute Pain and Managing Medical Procedures with Kids– Part 1**

Tuesday May 6, 2025

6:30 – 8:00pm

## **Pain, Pain, Go Away: Tips and Tricks for Managing Chronic Pain in Kids – Part 2**

Thursday May 15, 2025

6:30 – 8:00pm

**See reverse for session descriptions**

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**To register and receive upcoming Family 2 Family calendars**

Please contact Charlene Prochnau

at (780) 735-7999 ext 15578 or email at [PFRC@ahs.ca](mailto:PFRC@ahs.ca)

## **Advocacy 101: From Awareness to Action**

Advocating for your child and family is an important and demanding role for all parents, particularly when your child is neurodiverse or has unique needs. How do you advocate for your child across various systems? Join Sharon Siu, Glenrose Social Worker to learn about the different forms of advocacy and how to apply them. Take away practical tips and resources, and guidance on how to look after yourself while looking after the best interests of your child.

## **Acute Pain and Managing Medical Procedures with Kids– Part 1**

Integrative pain care is coordinated and evidence-based using both conventional and traditional approaches by a team that includes your child. Pain perception is subjective and influenced by various factors, including emotional and psychological states. Your child may interpret pain as more intense when anxious which can lead to a more exaggerated response. Join Susan VanDelft, Clinical Nurse Educator and Natasha Beirnes, Certified Child Life Specialist to learn about acute pain assessments, management and how a child life specialist can help.

## **Pain, Pain, Go Away: Tips and Tricks for Managing Chronic Pain in Kids – Part 2**

Pain in children is common. When it becomes chronic, it becomes frustrating, stressful and worrisome for the child and the whole family. Pain can also be tricky - and stick around even when contributing medical problems are felt to be 'well controlled' or after injuries/surgeries have 'healed'.

This session will discuss pediatric chronic pain and will focus on short and long-term strategies to help kids and their families cope with day-to-day pain, so they can get back to doing the things they love! More specifically, we will review

- Pediatric chronic pain in the context of both neurotypical and neurodivergent children
- Discuss the biopsychosocial model of pain
- Explore evidence-based management strategies for children with chronic pain
- Discuss tips and tricks for kids and families