Puberty Part 2: Managing Periods September 25, 2025 1:30-2:30pm MDT

Caregivers will develop a plan to support their child to be independent with managing their periods. This is the second session of a 2-part webinar series. Participants must attend "Preparing for periods" before registering for this webinar. **Please note that this session <u>will not</u> be recorded or uploaded to our website.





Target Audience: This webinar is intended for parents or caregivers of children aged 8-18, who are neurodiverse or have physical, cognitive, or mental health challenges, and who can manage toileting without adult support.

Please register for session at: <u>https://fntn.ca/Home/Registe</u> <u>r-VC?eid=22100</u>

To access this session from zoom:

Learning Outcomes:

- Develop a plan to help your child manage periods in different settings
- Explore different period management options
- Help your child to manage their periods by themselves

Speakers:

Melany Duffin is an Occupational Therapist with AHS Pediatric Rehabilitation. She has worked in the USA, Scotland and Alberta. She has been working with children for the past 25 years.

Liz Mathew is an Occupational Therapist with AHS Pediatric Rehabilitation. She has worked in several countries and Alberta in a variety of settings. She has been working with children and families for 40 years.



Health Professions Strategy & Practice https://fntn.zoom.us/j/895730 69503 Meeting ID: 895 7306 9503 Passcode: 719262

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To access this session from an audio line: 1-587-328-1099 Meeting ID: 895 7306 9503 Passcode: 719262

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First Nations Telehealth Network <u>WWW.FNTN.CA</u> 1.888.999.3356 <u>VCHELP@FNTN.CA</u>



To join via internet browser

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- 2. Enter Meeting ID: 895 7306 9503
- 3. Passcode: 719262
- 4. Click the option " click here" (See image below)



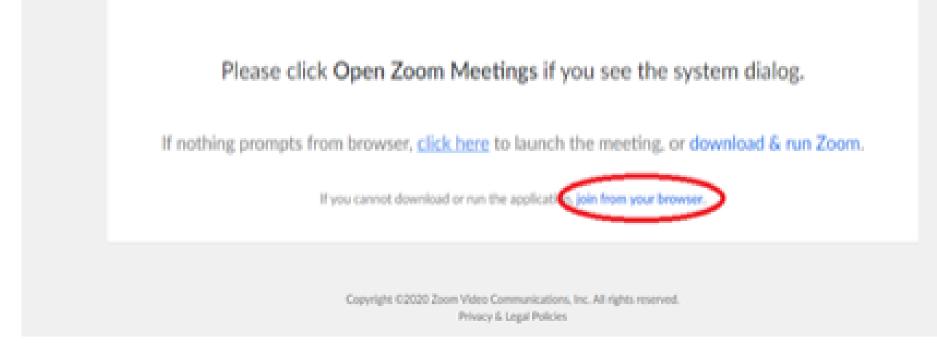
Please click Open Zoom Meetings if you see the system dialog.



5. Another option will show up on the bottom, please click "join from your browser" (See image below)



Launching...



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

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- 2. Enter Meeting ID: 895 7306 9503
- 3. Passcode: 719262
- 4. Choose "download and run Zoom"
- 5. An executable file will be download, please run the file

6. After the file has been installed, you will be ask to enter your "email" and your "name"

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