



# Boys & Girls Club of Fort Saskatchewan

## Winter/Spring 2018 Programs

### Groups for Children and Youth

**Dove** for girls 8-12yrs Jan 18 - March 22 Thursdays 4:00-5:00pm  
April 12 - June 14 Thursdays 4:00-5:00pm

A unique group where the focus is self esteem! Girls are encouraged to look at self esteem and body confidence and how it influences their attitude toward themselves and others through expressive art activities.

**Horizon** for boys & girls 6-12yrs Feb 6 - April 17 Tuesdays 4:30-5:30pm

provides a safe and confidential environment for children/youth to explore feelings due to family change such as; separation, divorce, blended families. Through expressive art activities and small group work children and youth have the opportunity to meet new friends and to share personal stories.

**Keep it Kool** for children 6+ and their parents Jan 31 - March 21 Wednesdays 5:30 - 6:30pm

A group for **children** (6-12yrs) and their **parents** to learn and practice healthy ways to express anger. Children will learn tools to calm down and make positive choices while building self esteem. Parents will learn how to coach their children through anger and strengthen their parent child relationship.

**Dare 2 Share** for boys & girls 6-10yrs Drop in on Mondays 4:00- 4:45pm

Each Monday children will have the opportunity to share feelings, experiences and stories in a share supportive place. Participants will also build and practice skills such as: self awareness, expression of feelings, co-operation and listening skills, communication and coping skills.

### Events and Workshops for Children and Youth

**Skiing Lessons** for boys & girls 10 - 17yrs Feb 1 - March 8 Thursdays 5:30 - 9:00pm

Youth 10 –17yrs can hope on our bus to Sunridge for 5 weeks of ski lessons. Cost is 100.00/ youth and includes lift tickets and equipment. Subsidy is available and registration deadline is January 26, 2018.

**Red Cross Baby Sitting Course** for boys & girls 11+ TBD

Become a trained babysitter by attended this one day course provided by the Red Cross. Youth will learn: responsibilities of a babysitter, basic first aid, choking first aid, compression only CPR, how to care for babies and toddlers, home safety tips and accident prevention and more. Cost is 75.00/youth however subsidies are available.

For more information or to register please call **780-992-0103**



# Boys & Girls Club of Fort Saskatchewan

## Winter/Spring 2018 Programs

### Workshops and Classes for Parents

#### **Triple P Positive Parenting Program** for parents of children 6-12yrs

Triple P aims to support parents in building positive relationships with their children and deal consistently and positively with problem behaviors, As well as plan ahead to avoid or manage potentially difficult situations and conflicts. This program also offers tips on how to take care of oneself as a parent.

#### **The Five Love Languages**

**Wednesday February 28, 2018 ~ 6:30 pm- 8:30pm**

Explore the different styles of how we communicate love to our partners and children. You will be introduced to the book “The 5 Love Languages of Children” written by Gary Chapman. Through the use of the 5 languages, parent/families will notice the improvement of children’s behavior and strengthen the bonds within the family.

**Wednesday April 25 ~ 6:30pm– 8:00pm@** Boys and Girls Club of Fort Sask.

Come join the **Edmonton Community Legal Centre** and an experienced **Family Law Lawyer** to understanding family law and learn how you can navigate the court processes surrounding custody, guardianship, and parenting plans.

#### **Navigating Family Law: Child and Spousal Support**

**Thursday April 26 ~ 6:30pm –8:00pm @** Boys and Girls Club of Fort Sask.

Come join the **Edmonton Community Legal Centre** and an experienced **Family Law Lawyer** to understand family law and learn how you can navigate the court processes involved in applying for child and/or spousal support.

For more information or to register please call **780-992-0103**

\* Childcare provided. Please inquire at time of registration