

May 2, 2022

Bowden Grandview School

Cheep Cheep Hurray!

Our Kinders are happy to announce the arrival of our chicks! They have spent the month of April learning all about the chicken life cycle- nest, eggs, hatchlings, adult hens and roosters.



What's Happening:

Wednesday May 4

- FOG Flower fundraiser delivery

Thursday, May 5

- Bio 20/30 and Gr 7 Field Trip

Friday May 6

- Non Instructional Day



YEARBOOK

Yearbooks are now on sale for the 2021/2022 school year. The cost is \$35 per yearbook, and the order deadline is June 17, 2022. If you do choose to place an order, please note the yearbooks will be distributed in September 2022.

Grade One



The grade one class finally enjoyed a warm, sunny day to look for signs of Spring. They were so happy they wanted to hug a tree.



Grade Two

Grade 2 rolled up their sleeves and got messy on Wednesday afternoon! With expertise from Mrs. Sinclair, the 2s made clay pinch pots from start to finish. The clay pots will be set aside to dry before being fired in the kiln. Then they will be prepared for a special occasion. This is always a fun springtime project!



Grade Three

The grade 3's were so lucky to have Coleson Wiltings Grandma, Edie Sale, join them to complete a fun Easter activity. She led the class in a creative venture where they made the cutest pom-pom bunnies completely out of yarn. The grade 3's had so much fun!



Ensuring the highest levels of safety in our schools

A Message from the Superintendent

Chinook's Edge has an outstanding record of meeting safety standards in our schools, and our annual safety audit shows our division's steadfast commitment. Our staff and students are mindful of maintaining the detailed safety protocols that are embedded in our division culture. This means that, while we continue to deal with the ebb and flow that the pandemic has required of us, our attention to our safety program is strong.

We are very grateful to everyone in our school communities for working to maintain our high standards of safety. We strive for optimum safety levels throughout our division because we care about the people in our buildings – our students, staff, parents, volunteers and guests – and this priority ensures everyone continues to thrive in our safe and caring schools.

Kurt Sacher
Superintendent

We would love to hear your thoughts on this month's parent survey [at this link](#).

For Trustee updates and to read the latest Board eNews, please visit our [website](#).

Grade 9 Parent and Student High School Transition Meeting

May 10th at 5:30 at Bowden Grandview School

Detailed information will be going home this week.



COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada.

If your child has tested positive on a [rapid antigen test](#) or received a message from Public Health indicating that they are a case⁴ of COVID-19, they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid antigen test, refer to the [Rapid testing at home website](#).

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case⁴ of COVID-19 in the last 10 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who slept over, attended a birthday party or someone who was a play date with a case.</i>	YES	NO
<p>If child answered “YES” AND they are NOT fully immunized⁵:</p> <p>Child should stay home and NOT attend school, childcare and/or other activities for 10 days from the last day of exposure and monitor for symptoms, unless they have tested positive for COVID-19 in the last 90 days AND completed the mandatory 10- day isolation period, in which case they can proceed to question 2.</p> <p>If child answered “YES” and they are fully immunized⁵ proceed to question 2: If child answered “NO” to question 1, proceed to question 2:</p>			
2.	Does the child have any new onset (or worsening) of the following core symptoms:		
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<p>If the child answered “YES” to any symptom in question 2:</p> <p>If the child is fully immunized⁵</p> <p style="padding-left: 20px;">Isolate for 5 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer. After this isolation period, up to a total of 10 days from the day of symptom onset, they are required to wear a mask at all times when in a public place or otherwise in the company of other persons with no exceptions.</p> <p>If the child is NOT fully immunized⁵,</p> <p style="padding-left: 20px;">they must isolate for 10 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer</p> <p>Whether they are fully immunized or not, even if they have a negative molecular (e.g. PCR) COVID-19 test or two negative rapid antigen tests, taken not less than 24 hours of each other, they still must isolate until symptoms resolve³.</p> <p>If they are within three weeks of the initial positive test of a previous infection they do not need to test again, and they can leave isolation when symptoms resolve³.</p> <p>They can use an at-home rapid antigen test if available or access the AHS Online Assessment Tool for advice on managing mild symptoms, and whether they are eligible for a COVID-19 molecular test.</p>			

³Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication⁴A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

NOTE:
 If they have had a previously confirmed COVID-19 infection within the past 90 days, wait until three weeks have elapsed from the initial positive test, to take a rapid antigen test.
 Children 2 years of age and younger are not eligible for rapid antigen testing and should complete the [AHS Online Self-Assessment tool](#) to access molecular (e.g. PCR) testing.

If the child answered “NO” to all of the symptoms in question 2, proceed to question 3.

3. Does the child have any new onset (or worsening) of the following other symptoms:		
Chills Without fever, not related to being outside in cold weather	YES	N O
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	N O
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	N O
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	N O
Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	N O
Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	N O
Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	N O
Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	N O
Conjunctivitis (commonly known as pink eye)	YES	N O

If the child answered “YES” to ONE symptom in question 3:
 Keep your child home and monitor for 24 hours and consider giving child an [at-home rapid antigen test](#).

If [at-home rapid antigen testing](#) is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.

If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use an [at-home rapid antigen test](#) if available or follow the [AHS Online Assessment Tool](#) for advice on managing mild symptoms, and whether you need to be tested for COVID-19.

If the child answered “YES” to TWO OR MORE symptoms in question 3:
 Keep your child home
 Use an [at-home rapid antigen test](#) if available or follow the [AHS Online Assessment Tool](#) for advice on managing mild symptoms, and whether you need to be tested for COVID-19.

NOTE:
 If they have had a previously confirmed COVID-19 infection within the past 90 days, wait until three weeks have elapsed from the initial positive test, to take a rapid antigen test.
 Children 2 years of age and younger are not eligible for rapid antigen testing, and should complete the [AHS Online Self-Assessment tool](#) to access molecular (e.g. PCR) testing.

For at-home rapid antigen testing result instructions:
 If [at-home rapid antigen test](#) is negative they can return to school and activities when they feel well enough to go.
 If [at-home rapid antigen test](#) is positive, the child is required to isolate as outlined above for **question 2**.

If the child answered “NO” to all questions:
 Your child may attend school, childcare and/or other activities



MAY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 PRE-REGISTRATION REQUIRED	2 Impact Youth Club 3:15pm-4:30pm (DEL) Creative Masters 5:30pm-6:30pm (PNELKE)	3 Stay, Play and Learn 9:30am-11am (INN) Impact Youth Club 3:30pm-4:30pm (INN) Springbrook Registration Night 5pm-7pm	4 No Programs	5 Stay, Play and Learn 10am-11:30am (SV) Lego Club 3-5yrs 1:30pm-2:30pm (INN) Spruce View Registration Night 4:30pm-8pm	6 PD DAY Stay, Play and Learn 10am-11am (BOW) Lego Club 6-10yrs 1pm-2:30pm (INN)	7
8 CALL OR TEXT 403-877-7163 TO REGISTER	9 Stay, Play and Learn 10am-11am (SPBRK) Impact Youth Club 3:15pm-4:30pm (DEL)	10 Stay, Play & Learn 9:30am-11:00am (INN) Impact Youth Club 3:30pm-4:30pm (INN)	11 Stroller Walks 11am-12pm (INN ARENA) Impact Youth Club 3:15pm-4:30pm (ELN)	12 Stay, Play and Learn 10am-11:30am (SV) Game Night @ The Coffee Cottage 3:30pm-5pm (INN)	13 Active Kids 10am-11am (BOW) Art Attack 3:30pm-4:30pm (INN)	14 Family Hot Dog Roast and Games 11am-1pm (PNELKE)
15	16 Impact Youth Club 3:15pm-4:30pm (DEL) Creative Masters 5:30pm-6:30pm (PNELKE)	17 Stay, Play & Learn 9:30am-11:00am (INN) Impact Youth Club 3:30pm-4:30pm (INN)	18 Stroller Walks 11am-12pm (INN ARENA) Lego Club 3:15pm-4:30pm (ELN)	19 Stay, Play & Learn 10am-11:30am (SV) Lego Club 3-5yrs 1:30pm-2:30pm (INN)	20 PD DAY Stay, Play and Learn 10am-11am (BOW) Lego Club 6-10yrs 1pm-2:30pm (INN)	21
22	23 Office Closed	24 Stay, Play & Learn 9:30am-11:00am (INN) Impact Youth Club 3:30pm-4:30pm (INN)	25 Stroller Walks 11am-12pm (INN ARENA) Impact Youth Club 3:15pm-4:30pm (ELN)	26 Stay, Play and Learn 10am-11:30am (SV) Game Night @ FRN Office 3:30pm-5pm (INN)	27 Active Kids 10am-11am (BOW) Art Attack 3:30pm-4:30pm (INN)	28 Bike Safety (Penhold) 10am-1pm
29	30 Impact Youth Club 3:15pm-4:30pm (DEL) Creative Masters 5:30pm-6:30pm (PNELKE)	31 Stay, Play and Learn 9:30am-11am (INN) Impact Youth Club 3:30pm-4:30pm (INN)				
Family Resource Network						

LEGO CLUB

6-10yrs

When: Every other Friday
Where: Innisfail FRN Office
5035 49 St
May 6th @ 1pm-2:30pm
May 20th @ 1pm-2:30pm

Join Kristin in working together as a team
to build Lego kits and
build challenges given to you

To pre-register please contact
Kristin at 403-877-7163



✦ Impact Youth Club ✦

7-12yrs
Innisfail



When: Every Tuesday from 3:30pm-4:30pm

Where: FRN Office

May 3rd: Platform building

May 10th: Maze challenge

May 17th: Gel air fresheners

May 24th: Dino soap

May 30th: Marshmallow challenges

Pre-registration is required

Please contact Kristin at 403-877-7163

Lunch & Learn Webinars

May 2022



These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Understanding Anxiety Series

These sessions will help caregivers better understand the difference between their child's normal worries and anxiety that is no longer productive. Signs that a child or adolescent is experiencing problems with anxiety will be discussed and strategies for reducing the body's stress responses, negative thinking traps, and anxious behaviours will be shared.

This month, we conclude our previous series with Part 4 on Overcoming Avoidance and begin the series again with Part 1, our introduction to anxiety in children and youth.

Part 4: Overcoming Avoidance

Date: Wednesday, May 4, 2022

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Part 1: An Introduction

Date: Wednesday, May 11, 2022

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Part 2: Calming Our Bodies

Date: Wednesday, May 18, 2022

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Part 3: Settling Our Minds

Date: Wednesday, May 25, 2022

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Thank you for hosting these sessions. Having them on zoom has made it possible to attend the series. Very helpful to have this knowledge."

"I enjoyed the 'polls' and interactive questions. Time and length was good."

"I would like to thank you for the amazing presentation and information."



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

May 2022



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Parenting Teens in the 21st Century Respectful Limit Setting with Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Tuesday, May 3, 2022

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12; for adults only.

Part 2: Tuesday, May 10, 2022

Time: 12:00 – 1:00 pm

For caregivers of youth grades 7-12; for adults only.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Tuesday, May 17, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6; for adults only.

Part 2: Tuesday, May 24, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Excellent topic, simple, and doable. Good information. Thank you for this information in times like these with so much stress to deal with."

"Great webinar, one of the better ones I have been to."

"I really appreciated the way manner in which both presenters delivered their material."



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

May 2022



These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or both sessions.

More than Just a Bad Day:

Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

Date: Monday, May 9, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades 7-12; for adults only.

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

These sessions will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD), ways that ADHD can affect all areas of life, and strategies for supporting success in children and youth with ADHD.

Part 1: Thursday, May 5, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

Part 2: Thursday, May 19, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades 7-12; for adults only.

Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Tuesday, May 31, 2022

Time: 12:00 – 1:00 pm

For caregivers of youth in grades 7-12; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"I enjoyed the presentation. Two different speakers broke it up a bit and the videos that were shared were great."

"Was very engaging - well done!"

"The facilitators were great, engaging, used great videos to break up the material, and were very responsive to questions. I got a lot out of this session and I'm excited to make some changes."



Mental Health Foundation



Alberta Health Services
Children, Youth & Families Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca



Bowden Play & Learn

Registration for 2022/2023 school year is now open!
Children need to be 3 years olds and fully potty trained to
join our classroom.

Full time (2 half days a week) \$80.00/month

Part time (1 half day a week) \$45.00/month

Currently running Monday and Wednesday

\$30.00 NON-REFUNDABLE registraion fee is due
with application.

For More information or to register please email us

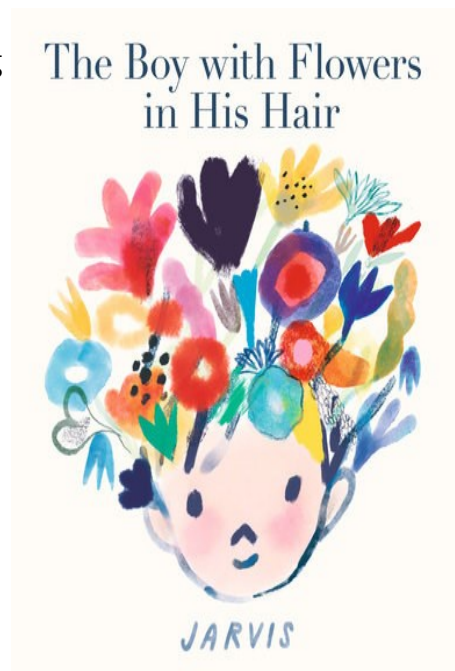
bowdenplayandlearn@gmail.com



LITERACY CORNER

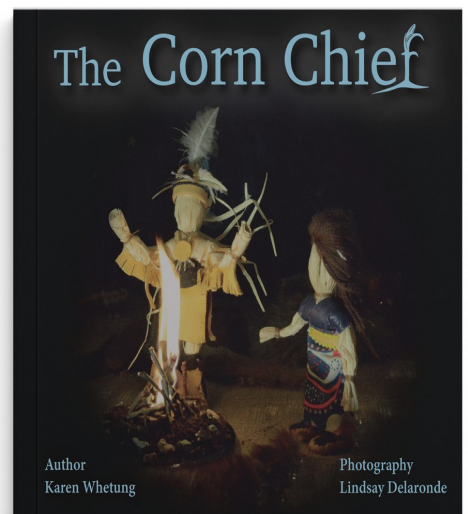
This is the most tender, special book I have read in a long time. Told from the point of view of his best friend, this is a book about David, the boy with the flowers in his hair. David's best friend adores him; they are intune with each other, and when David's blooms begin to fade, he knows right away that something is wrong. His best friend is quick though and comes up with a plan to fill David's hair with beautiful flowers once again by asking their teacher for a paintbrush and some scissors. Slowly, with the love and care of his friends, David's flowers return.

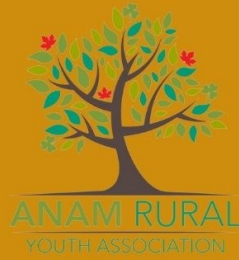
This picture book celebrates healthy, beautiful friendships and lifting each other up when we are down, and does it in a way that is easy to access.



INDIGENOUS EDUCATION

Did you know that Medicine Wheel Education (<https://medicinewheel.education/>) has incredible Indigenous Education PD and resources? New author, Karen Whetung's book *The Corn Chief*, which was written in rhyme, will be read in an online classroom setting Monday, May 9th at 11:00 am. This book is recommended for kiddos ages 6-12 and is a lovely story about an old chief set to step down, young Linny dreams of being chosen as his replacement. As she struggles to pass his test, Linny learns with the help of her family what it really takes to become chief...in the most unexpected way.





Victims
and
Survivors
of Crime
Week

Canada



Department of Justice
Canada

Ministère de la Justice
Canada

POSTER COMPETITION

ACCEPTING ENTRIES FROM

Now to May 19, 2022

WHO CAN APPLY?

Grades 7 to 12

Winning entries will be notified May 21st

Create a poster themed around
Youth Victims and Survivors of Crime
'The Power of Collaboration'

PRIZES

2x \$200 gift card,
2x \$100 gift card,
2x \$50 gift card,
to a store of your choice*
***some restrictions apply**



DESIGN A POSTER THAT IDENTIFIES:

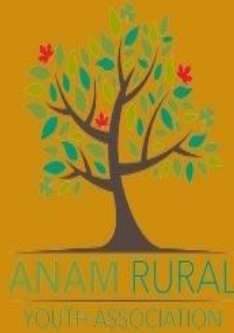
- the impact of bullying
- prejudice towards victims in the school environment, as you see it
- what the power of people working together means to you
- community supports you are aware of, that can help
- what you think can help the school environment

All posters entered may
be used in various
advertising initiatives

Your submission, to include
your name, school,
grade & contact #
can be mailed or emailed to;
Anam Rural Youth, Box #1068,
Blackfalds, TOM 0J0
or louise@anamruralityouth.com

The objective is to educate and inform your community
on the bullying and prejudice you experience in school.

This Social Media awareness campaign for Youth Victims & Survivors of Crime is in partnership with
Anam Rural Youth Association, Rural Red Deer Restorative Justice and the Department of Justice, Canada



Victims
and
Survivors
of Crime
Week

Canada



Department of Justice
Canada

Ministère de la Justice
Canada

Additional Information;

- Posters can be created through any medium (digital, illustrated, hand drawn/painted).
- The competition is open to youth in grades 7 through to 12 in the communities of Central Alberta (Clearwater County, County of Wetaskiwin, Lacombe County, Red Deer & Red Deer County, County of Paintearth, County of Stettler, Mountain View County and Kneehill County).
- No limit to the number of posters each participant can enter.
- All work & design rights must be original.
- The participants grant the organizations authorization to use any submitted works in advertisements and/or publications, printing or reproducing the poster images in various formats, such as on t-shirts, posters, postcards. Attribution to the designer will be made any time a poster is designed.
- Participants can request to remain anonymous, with just the age and county of residence to be shared publicly.
- Entries will be judged by a board of volunteers with the Rural Red Deer Restorative Justice Program.
- For further inquiries, contact louise@anamruralyouth.com



Please Bring:

- Doll to practice with for the course. A doll will be provided, if you do not have one.
- Bagged lunch, snack (nut free), and water

To Register:

Online: www.townofpenhold.ca
Payment via OptionPay, or at
Town Office - cash/credit/debit.

Babysitter's Course

Ages 11-15+

JUNE 18 | 9AM-4:30PM

Fee: \$40/youth - must pre-register
Location: Penhold Multiplex - 2nd floor

Registration Deadline: June 13th

For more information contact us at



(403) 886-3288 or
fcss@townofpenhold.ca



COMMUNITY

Be true.
Be brave.
Be proud.

Thursdays | Ages 13-17
3:30pm-6:00pm
Drop In Anytime
Youth HQ, 4633 49 St, Red Deer

For more info, contact:
codym@youthhq.ca



YOUTH
HQ
YOUTHQ.CA

LGBTQ2S+
& Allies
Welcome



Junior Counsellor Training

June
2022



To Register:
Call 403-342-6500
or head to youthhq.ca



**YOUTH
HQ**

The Jr. Counsellor Training Program is designed to give youth the skills they need to successfully work with younger children in a camp setting. With an emphasis on hands-on learning, youth will learn conflict resolution skills; problem solving-skills; and leadership skills.

WE'RE BACK!



THIS IS YOUR PLACE TO CREATE MEMORIES!

AFTER A TWO-YEAR HIATUS, CAMP ALEXO IS BACK!

**REGISTER TODAY:
YOUTH.HQ.CA**



Red Deer & District Club

OUR 2022 CAMP DATES:

Thunderbird: July 4 - July 9

Ages: 10 - 12

Phoenix Adventure Camp: July 12 - July 21

Ages: 13 - 17

Mikisew: July 25 - July 29

Ages: 7 - 12

Shunda: Aug 2 - Aug 5

Ages: 7 - 11

Wapiabi: Aug 8 - Aug 12

Ages: 7 - 12

Waskway Leadership Camp: Aug 15 - Aug 19

Ages: 13 - 17

Bighorn: Aug 22 - Aug 26

Ages: 10 - 12

Call: 403-342-6500



Teen & Young Adult Clinic



Mental health & Addiction problems

Self Esteem & Body Image

Dating, Abuse & Violence Problems

Relationship support

General Health problems

Sexual Health problems

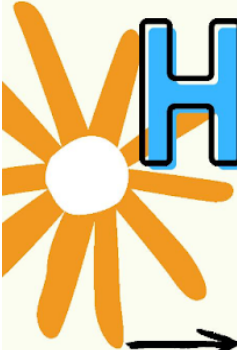



If you want to talk about your health or problems you can call Irma (Registered Nurse) at 403-586-0371 on Tuesday – Thursday.

She will help you or set you up with a doctor to talk with if needed.

www.peakstoprairiespcn.com

ADOLESCENT MENTAL HEALTH




Hugh Sutherland School
Library, May 12 @ 6:00-7:30 pm

Presented by Amy Antony,
Registered Psychologist @ Snowy
Owl Medical Clinic

Parents, please join us for a very
informative evening, addressing
adolescent's social-emotional
health.

Please RSVP to Janet Cornell at
jcornell@cesd73.ca or phone
HSS 403-337-3326

NO FEE!





Confident KIDS CANADA

2022 Programs

Strengthening the Mental Health of Youth & Families!

CURRICULUM PROGRAMS

'WARRIORS' 8 Week Program

Thursdays May 19 - July 7
 Saturdays May 28 - July 16
 Tuesdays Aug. 9 - Sept. 27
 Saturdays Aug. 20 - Oct. 8

'LEGENDS' 12 Week Program

Tuesdays May 10 - July 26
 Thursdays Aug. 11 - Oct. 27

WORKSHOPS

May 14 - 'BRAIN HACKS'
 skills to handle fear, stress & anger

Aug. 6 - 'LEVEL UPS'
 overcoming limiting behaviours

COMMUNITY EVENTS

May 7 MOTHER'S DAY Event
 June 18 FATHER'S DAY Event
 July 23 'TRADITIONAL GAMES'



Every success builds CONFIDENCE!
 Every struggle teaches RESILIENCE!



Learning how to
 have HEALTHY
 RELATIONSHIPS
 provides the
 framework for
 HEALTHY MINDS!

Details & Registration at:
www.confidentkidscanada.ca

*Ages 10 - 18
 Sylvan Lake, AB*