

May 9, 2022

# Bowden Grandview School

## Grade Six

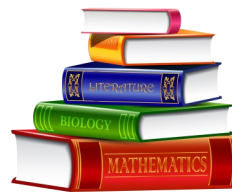
Brodie's Grandpa, Henry Beekman came to the grade 6 classroom to do a presentation on airplanes. The students in Grade 6 have been learning about Flight in science. Mr. Beekman talked about how planes fly and parts of the airplane and what they do. He also showed the class several of the model airplanes he has created himself and flown.



## 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.



## What's Happening:

Tuesday May 10

- Grade 10 Orientation

Friday, May 13

- Kindergarten Field Trip



## 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.



## 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 case<sup>4</sup> 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.	<b>Has your child been a household contact of a case<sup>4</sup> of COVID-19 in the last 10 days?</b> <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><b>If child answered “YES” AND they are NOT fully immunized<sup>5</sup>:</b></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><b>If child answered “YES” and they are fully immunized<sup>5</sup> proceed to question 2: If child answered “NO” to question 1, proceed to question 2:</b></p>			
2.	<b>Does the child have any new onset (or worsening) of the following core symptoms:</b>		
	<b>Fever</b> Temperature of 38 degrees Celsius or higher	YES	NO
	<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	<b>Shortness of breath</b> Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<p><b>If the child answered “YES” to any symptom in question 2:</b></p> <p>If the child is fully immunized<sup>5</sup></p> <p style="padding-left: 20px;">Isolate for 5 days from the day of onset of symptoms or until symptoms resolve<sup>3</sup> 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 immunized<sup>5</sup>,</p> <p style="padding-left: 20px;">they must isolate for 10 days from the day of onset of symptoms or until symptoms resolve<sup>3</sup> 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 resolve<sup>3</sup>.</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 resolve<sup>3</sup>.</p> <p>They can use an <a href="#">at-home rapid antigen test</a> if available or access the <a href="#">AHS Online Assessment Tool</a> for advice on managing mild symptoms, and whether they are eligible for a COVID-19 molecular test.</p>			

<sup>3</sup>Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication<sup>4</sup>A 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.**

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

**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 <b>PRE-REGISTRATION REQUIRED</b>	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 <b>PD DAY</b> Stay, Play and Learn 10am-11am (BOW)  Lego Club 6-10yrs 1pm-2:30pm (INN)	7
8 <b>CALL OR TEXT 403-877-7163 TO REGISTER</b>	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 <b>PD DAY</b> 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)				
<b>Family Resource Network</b>						

# 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](http://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



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

For more information, visit [www.cyfcaregivereducation.ca](http://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.

## Parenting Teens in the 21<sup>st</sup> 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](http://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](http://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](http://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



For more information, visit [www.cyfcaregivereducation.ca](http://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](mailto:bowdenplayandlearn@gmail.com)



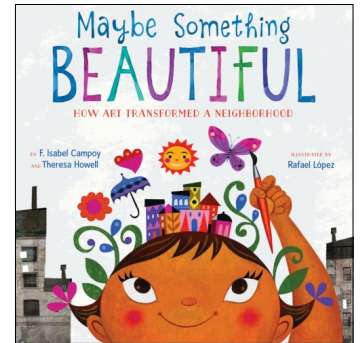
## LITERACY CORNER

**National Do Something Good for Your Neighbor Day – May 16, 2022**

We all have neighbors to one extent or another, and it's important to show goodwill to these neighbors because we never know when we're going to need their help. Here are two FANTASTIC books for the neighborhood!

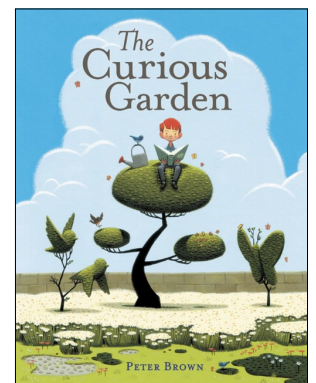
### **MAYBE SOMETHING BEAUTIFUL WRITTEN BY F. ISABEL CAMPOY & THERESA HOWELL, ILLUSTRATED BY RAFAEL LÓPEZ**

What good can a splash of color do in a community of gray? As Mira and her neighbors discover, more than you might ever imagine! Based on the true story of the Urban Art Trail in San Diego, *Maybe Something Beautiful* reveals how art can inspire transformation—and how even the smallest artists can accomplish something big. Pick up a paintbrush and join the celebration!



### **THE CURIOUS GARDEN Written & Illustrated by Peter Brown**

While out exploring one day, a little boy named Liam discovers a struggling garden and decides to take care of it. As time passes, the garden spreads throughout the dark, gray city, transforming it into a lush, green world.

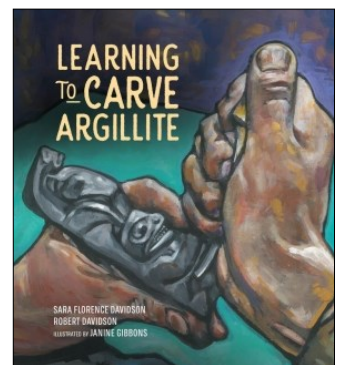


## INDIGENOUS EDUCATION

Home is important to building community - There are incredibly beautiful Canadian Indigenous Texts about family and Community. Here are a few, of many, we would like to share with you this week.

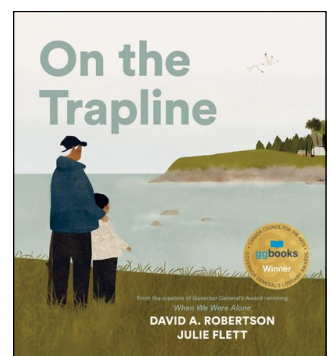
### **Learning to Carve Argillite written by Robert Davidson and Sara Florence Davidson**

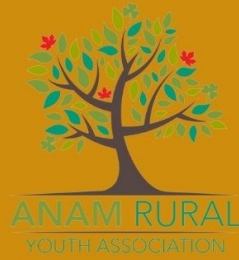
"Based on Haida artist Robert Davidson's own childhood experiences, this beautiful story highlights learning through observation, as well as the role of Elders in sharing knowledge and mentorship." (Strongnations.com)



### **On the Trapline written by David A. Robertson and Julie Flett**

"A picture book celebrating Indigenous culture and traditions. The Governor General Award-winning team behind *When We Were Alone* shares a story that honors our connections to our past and our grandfathers and fathers." (Strongnations.com)





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:

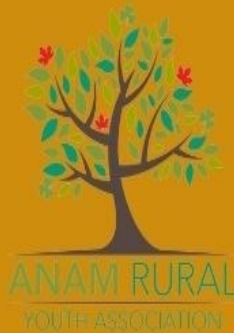
- the impact of bullying
- prejudice towards victims in the school environment, as you see it
- what the power of people working together means to you
- community supports you are aware of, that can help
- what you think can help the school environment

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](mailto: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](mailto: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](http://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](mailto: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](mailto: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](http://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](http://www.peakstoprairiespcn.com)



# 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'

Details & Registration at:  
[www.confidentkidscanada.ca](http://www.confidentkidscanada.ca)



Every success builds CONFIDENCE!  
 Every struggle teaches RESILIENCE!

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



Ages 10 - 18  
 Sylvan Lake, AB