

# Bowden Grandview School

November 18, 2024



## Blazers Athletics

Our Sr. Girls Volleyball played hard and won two games on playoff night to secure a 5th place finish in their league! The girls played very well, worked together and achieved two team wins. What a perfect way to finish the season!

### What's Happening:

**Tuesday, November 19**

- PAC meeting @ 12:00

**Friday, November 22**

- Spirit Day-Wear your Blazer Gear

We say goodbye to two grade 12 volleyball players this year - Summer Schwartz and Jordyn Galay. Summer only played one season with us and we are grateful for her work ethic, willingness to learn and quickness to pick up the knowledge needed at this level. Jordyn was one of our team captains this year. She is confident, coachable and well rounded. She's in her third year of high school volleyball and we relied on her in both a setting role and as a left side hitter.



BGS Sr. Girls Volleyball - 2024/25



Congratulations to our Senior players - Summer Schwartz and Jordyn Galay

# NOEL

GOURMET GIFTS,  
FOOD AND  
WRAPPING  
PAPER



[WWW.DFSCANADA.COM](http://WWW.DFSCANADA.COM)  
[WWW.SHOPDFSCANADA.COM](http://WWW.SHOPDFSCANADA.COM)

**FOG Fundraiser**  
**Due: November 28th**

User name: 7192  
Password 1pswzd



**SCAN ME**



## Little Shoppers

Little Shoppers is a temporary Christmas store located in the library for students to shop for their parents, siblings and grandparents. Students may purchase items for \$1.00, wrap and label to take home for Christmas gifts. All proceeds go to Bowden Silent Santa and is sponsored by Friends of Grandview.

Little Shoppers are now accepting donations of new or gently used items, Christmas bags and name tags. They can be dropped off at the office or the library. Little Shoppers will be open December 5th & 6th.



A chalkboard-style poster for Bowden Grandview School Spirit Day. The background is dark green with white chalk-like text and various colorful illustrations. At the top, there's a yellow sun with rays, white clouds, a purple graduation cap, a blue paper airplane, a purple butterfly, and a yellow trophy. The main text reads "BOWDEN GRANDVIEW SCHOOL SPIRIT DAY" in large, white, bold, sans-serif letters. Below this, it says "DATE: November 22nd" in orange and white, followed by "Wear your best BLAZERS GEAR" in green and white. Underneath, the word "OR" is written in white. At the bottom, three colored boxes contain the words "GREEN", "GOLD", and "BLACK" in white text. The bottom edge of the chalkboard shows a wooden ledge with a pink eraser and a white chalk stick.

**BOWDEN  
GRANDVIEW  
SCHOOL  
SPIRIT DAY**

**DATE:** November 22nd

Wear your best  
**BLAZERS GEAR**

OR

**GREEN**      **GOLD**      **BLACK**



# Bowden Grandview School

2238-21 Ave ▪ Bowden, Alberta ▪ T0M 0K0

Phone: (403) 224-3250 ▪ Email: [bowden@cesd73.ca](mailto:bowden@cesd73.ca)

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November 6, 2024

## **BOWDEN GRANDVIEW'S VOLUNTEER RUN BREAKFAST PROGRAM IS IN DESPERATE NEED OF MORE VOLUNTEERS!!**

**WHO:** run by volunteer parents, serves all students in the school from K-12.

**WHAT:** each morning the breakfast program serves toast, fruit, frozen yogurt tubes or cheese strings, muffins, and sometimes hard boiled eggs. This program has been running for over 15 years.

**WHEN:** the shift is each morning from 8-9 am. Parents arrive at the school's front doors at 8 am and call the office to be let into the building. Start preparing the trays for the school doors to open at 8:20.

**WHERE:** the kitchen area to the right as you walk into the front doors.

**WHY do we NEED YOU:** *our breakfast program is in danger of reducing the mornings that our breakfast can be served due to lack of volunteers.*

**HOW:** for more information or to get your name on the list please send an email to [bgscouncil@gmail.com](mailto:bgscouncil@gmail.com)

-Work in pairs or come yourself with your children (kids love being on the other side of the toast counter!)

-We use Sign Up Genius - this means you are added to the email list and will be emailed the sign up to choose your own day (or days) of the month you would like to volunteer.

-You will be trained before your first shift.

## Parent School Council

### Friends of Grandview (FOG)

#### What is School Council?

Have you ever wondered what school council meetings are about?

Do you have a question about our school community?

At Bowden Grandview we meet every 3<sup>rd</sup> Tuesday of the month at NOON until 1pm, through a google online meet. We have a structured agenda where each member gives a report in their area such as the Town, School Board, FCSS, we also have a section called Parent Questions. If a parent has a question, we ask they email the question to [bgscouncil@email.com](mailto:bgscouncil@email.com).

Please join us **Nov 19** at noon. Email the above email to be added.

Breakfast Program needs your **HELP!!!!**

#### **VOLUNTEERS NEEDED!!!!**

If you have ever thought of getting involved with school activities the breakfast program is a great way to start. We are looking for people to volunteer about 1 hour to prepare and serve in our breakfast. You would start at 8am and should be cleaned up by 9am. If you are interested or want more info please email the below email or call Alahna at (403)507-0790. We look forward to some new faces at the breakfast window!

To volunteer email: [bgscouncil@gmail.com](mailto:bgscouncil@gmail.com)

#### What is FOG? Friends Of Grandview

We are the Bowden Grandview schools fundraising group. Teachers can request funding from FOG to help for a variety of projects!

For more info on FOG contact Carla at (403)506-5222

#### **HOT LUNCH**

See the "school fees" section on the school website

#### **Fundraisers**

2 FOG fundraisers coming soon!!



NAME	TELEPHONE	PAYABLE TO
		Friends of Bowden Grandview

DEADLINE TO ORDER IS NOVEMBER 28, 2024

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NOTES

Thank you for supporting Friends of Bowden Grandview!

THE ESSENTIALS

Grocery												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Chefs Plate	7%	\$50 >		\$100 >		\$150 >						
Extra Foods, No Frills, Real Canadian Superstore, Wholesale Club, Your Independent Grocer	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
HelloFresh	7%	\$50 >		\$100 >		\$150 >						
Instacart	3%	\$25 >		\$50 >								
M&M Food Market	3%	\$25 >		\$50 >								
Sobeys, Chalo! FreshCo, FreshCo, IGA West, Safeway, Sobeys - Multi-banner Grocery	3%	\$25 >		\$50 >		\$100 >		\$250 >				
Gas												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Esso, Mobil	2%	\$25 >		\$50 >		\$100 >						
Petro-Canada™	2%	\$10 >		\$20 >		\$25 >		\$50 >		\$100 >		
Shell	2%	\$25 >		\$50 >		\$100 >		\$500 >				
Ultramar, Chevron, Fas Gas, Pioneer	2%	\$25 >		\$50 >		\$100 >		\$250 >				

OTHER CATEGORIES

Restaurant & Coffee												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
A&W	4%	\$10 >		\$25 >		\$50 >						
AnyCard DINE	5%	\$25 >		\$50 >		\$100 >						
AnyCard EATZ	5%	\$25 >		\$50 >		\$100 >						
Applebee's	4%	\$25 >		\$50 >								
BarBurrito	10%	\$25 >										
Boston Pizza	5%	\$25 >		\$50 >		\$100 >						
Burger King	2.5%	\$25 >		\$50 >		\$100 >						
Cactus Club Cafe	10%	\$25 >		\$50 >		\$100 >						
DoorDash	4.5%	\$10 >		\$25 >		\$50 >		\$100 >				
Earls Kitchen + Bar	5%	\$25 >		\$50 >		\$100 >						
Edo Japan	5%	\$25 >		\$50 >		\$100 >						
Foodtastic, Copper Branch, Fionn MacCool's, Freshii, Milestones, Pita Pit, Quesada, Second Cup Café	5%	\$25 >		\$50 >		\$100 >						
JOEY	6%	\$25 >		\$50 >								
Kelseys, East Side Mario's, Elephant & Castle, Harvey's, Montana's BBQ & Bar, New York Fries, Original Joe's, State & Main, Swiss Chalet, The Burger's Priest, Ultimate Dining Card	5%	\$10 >		\$25 >		\$50 >		\$100 >				

Restaurant & Coffee (Continued)												
<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Kentucky Fried Chicken,Pizza Hut,Taco Bell	3%	\$25 >		\$50 >								
McDonald's®, McCafé	2.5%	\$10 >		\$20 >		\$25 >		\$50 >				
Moxie's Grill & Bar	10%	\$25 >		\$50 >		\$100 >						
Oliver & Bonacini, Alchemy, Braven, Buffo, Kindred Food + Drink, Sub Rosa, The Guild	5%	\$25 >		\$50 >		\$100 >						
Pizza 73	10%	\$10 >		\$25 >		\$50 >		\$100 >				
St. Louis Bar & Grill	10%	\$25 >		\$50 >		\$100 >						
Starbucks	3%	\$5 >		\$10 >		\$25 >		\$50 >		\$100 >		
SUBWAY®	4%	\$10 >		\$25 >		\$50 >		\$100 >		\$500 >		
TacoTime	4%	\$25 >		\$50 >		\$100 >						
Thai Express	4%	\$25 >		\$50 >		\$100 >						
The Canadian Brewhouse	8%	\$25 >		\$50 >		\$100 >						
The Keg	5%	\$25 >		\$50 >		\$100 >						
The Old Spaghetti Factory	5%	\$25 >		\$50 >								
Tim Hortons	2%	\$15 >		\$25 >		\$50 >		\$100 >				
Triple O's	10%	\$25 >		\$50 >		\$100 >						
Wendy's	3%	\$10 >		\$25 >		\$50 >						

Apparel

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Aerie	6%	\$25 >		\$50 >		\$100 >						
ALDO	10%	\$25 >		\$100 >								
American Eagle®	6%	\$25 >		\$50 >		\$100 >						
Claire's	4%	\$20 >										
Gap, Baby Gap, Banana Republic, Old Navy	7%	\$25 >		\$50 >		\$100 >						
H&M	3.5%	\$25 >		\$50 >		\$100 >						
Harry Rosen	5%	\$100 >										
La Senza	7%	\$25 >		\$50 >								
La Vie en Rose, Bikini Village	3%	\$25 >		\$50 >								
Mark's	7%	\$25 >		\$50 >		\$100 >						
Roots, Roots Kids	10%	\$25 >		\$50 >		\$100 >		\$250 >				
Simons	5%	\$25 >		\$50 >		\$100 >						
Victoria's Secret PINK	2.5%	\$25 >		\$50 >		\$100 >						
Victoria's Secret	2.5%	\$25 >		\$50 >		\$100 >						

Business & Office

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Staples	3%	\$25 >		\$50 >		\$100 >		\$200 >		\$500 >		

Children & Toys

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Build-A-Bear Workshop®	7%	\$25 >										
Scholar's Choice	5%	\$25 >		\$50 >								
The Children's Place	8%	\$25 >		\$50 >		\$100 >						
Toys "R" Us, Babies "R" Us	2%	\$25 >		\$50 >		\$100 >						

Department Stores

<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
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Department Stores (Continued)												
<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Amazon.ca	0.5%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Dollarama	3%	\$10 >		\$25 >		\$50 >						
Giant Tiger	3%	\$25 >		\$50 >		\$100 >						
Hudson's Bay	5%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Walmart	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
WINNERS, HomeSense, Marshalls, TJX Canada	6%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Electronics												
<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Best Buy	1.5%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Entertainment												
<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
AnyCard PLAY	5%	\$25 >		\$50 >		\$100 >						
Chapters, Coles Books, Indigo	5%	\$10 >		\$25 >		\$50 >		\$100 >				
Cineplex, Galaxy, Scotiabank, The Rec Room	4%	\$10 >		\$25 >		\$50 >		\$100 >				
Kobo	3.5%	\$25 >		\$50 >								
Landmark Cinemas	4%	\$25 >		\$50 >								
Twitch	3.5%	\$25 >		\$50 >		\$100 >						
Health & Beauty												
<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Bath & Body Works	5%	\$25 >		\$50 >								
Rexall	2%	\$25 >		\$50 >								
Sally Beauty®	10%	\$25 >		\$50 >								
Sephora	4%	\$25 >		\$50 >								
Shoppers Drug Mart	3%	\$25 >		\$50 >		\$100 >						
Home & Garden												
<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Canadian Tire	4%	\$10 >		\$25 >		\$50 >		\$100 >				
Home Depot	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Home Hardware, Home Furniture	3.5%	\$20 >		\$25 >		\$50 >		\$100 >		\$250 >		
IKEA Canada	3%	\$25 >		\$50 >		\$100 >						
RONA	3.5%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Stokes, ThinkKitchen	6%	\$25 >										
Urban Barn	2.5%	\$25 >		\$50 >		\$100 >						
Wayfair.ca	2.5%	\$25 >		\$50 >		\$100 >		\$250 >				
Specialty												
<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
AnyCard BIRTHDAY	5%	\$25 >		\$50 >		\$100 >						
AnyCard KIDZ	5%	\$25 >		\$50 >		\$100 >						
AnyCard	5%	\$25 >		\$50 >		\$100 >						
Apple	3%	\$25 >		\$50 >		\$100 >		\$500 >				
DAVIDsTEA	3%	\$15 >		\$25 >		\$50 >		\$100 >				
DeSerres	5%	\$25 >		\$50 >		\$100 >						
Fanatics.ca	5.5%	\$50 >										



Specialty (Continued)												
<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Groupon	3%	\$25 >		\$50 >								
Kernels Popcorn	5%	\$15 >		\$25 >		\$100 >						
MOLLY MAID	4%	\$100 >										
PetSmart	4%	\$25 >		\$50 >		\$100 >		\$250 >				
Roblox	2.5%	\$25 >		\$50 >		\$100 >						
Sobeys Liquor, Safeway Liquor	3%	\$25 >		\$50 >		\$100 >		\$250 >				

Sports & Leisure												
<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Bass Pro Shops	4%	\$25 >		\$50 >								
Cabela's	4%	\$25 >		\$50 >		\$100 >						
Foot Locker	5%	\$25 >		\$50 >		\$100 >						
Golf Town	3%	\$25 >		\$50 >		\$100 >		\$250 >				
Running Room	6%	\$25 >		\$50 >								
Sport Chek, Atmosphere	4%	\$25 >		\$50 >		\$100 >						

Travel												
<i>Retailer</i>	<i>%</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>\$</i>	<i>QT</i>	<i>Total \$</i>
Airbnb	4%	\$50 >		\$100 >		\$250 >		\$500 >				
Best Western	5%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Fairmont Hotels & Resorts	8%	\$50 >		\$100 >		\$250 >						
Origine artisans hôteliers	2.5%	\$50 >		\$100 >		\$250 >		\$500 >				
Uber, Uber Eats	2.5%	\$10 >		\$25 >		\$50 >						
WestJet	2.5%	\$100 >		\$250 >		\$500 >		\$750 >		\$1000 >		
zaluna, Club Voyages, Marlin Travel, Transat Travel, TravelPlus, Voyages Transat	2.5%	\$100 >		\$250 >		\$500 >		\$1000 >				

TOTAL OF THIS ORDER	\$
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## Pre-Order Form

**From November 18 - 24**, Tim Hortons will be supporting \_\_\_ Bowden Lion's Club \_\_\_\_\_ and Tim Horton's Children's Foundation. **Guests who purchase a freshly baked Holiday Smile Cookie will be donating to these great causes with 100% of proceeds being donated!** To pre-order Tim Hortons Holiday Smile Cookies, complete this form and submit it to your local Tims no less than 48 hours of your specified pick-up date & time.

<b>Number of Cookies:</b>	<input type="text"/>	12 Cookies per box
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<b>Your Name:</b>	<input type="text"/>
<b>Address:</b>	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
<b>Telephone:</b>	(     )
<b>Email:</b>	<input type="text"/>

<b>Pick Up Date:</b>	<input type="text"/>	<b>Pick Up Time:</b>	<input type="text"/>
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**Thank you for your support!**

*Jestens*

# YEARBOOKS

ON *Sale Now!*



## ATTENTION PARENTS:

Don't forget to order your student's copy of the 2024-2025 yearbook! COPIES ARE LIMITED! Scan or click the QR CODE to order yours TODAY!!



**DEADLINE: FEBRUARY 28th | COST: \$45.00**



# GRADE 5 CHRISTMAS MARKET



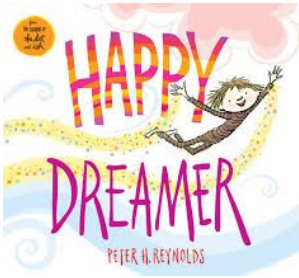
WEDNESDAY DECEMBER 4TH  
11:00- 1:00 AT BOWDEN GRANDVIEW SCHOOL

**GIFTS, DRINKS, & TREATS**

CASH AND CARD ACCEPTED

# Literacy Corner

Everyone has something special that they excel at, whether it's a knack for cooking, a love of singing, or an eye for design.



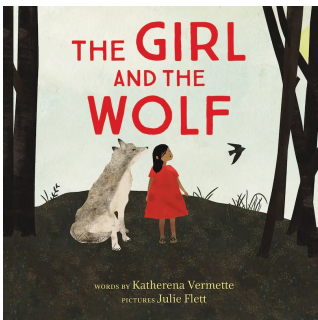
The beloved, worldwide bestselling creator of *The Dot* and *I Am Human* inspires readers of every age to find their own unique path to happy and to always follow their dreams.

While the world tells us to sit still, to follow the rules, and to color inside the lines, *Happy Dreamer* celebrates all those moments in between when the mind and spirit soar and we are free to become our own true dreamer maximus! In Peter's signature voice and style, this empowering picture book reminds children of how much their dreams matter, and while life will have ups and downs, he enlists readers to stay true to who they are, to tap into their most creative inner selves, and to never ever forget to dream big!

A story filled with wonder and creativity. As well as a lesson in what it means to follow our hearts and embrace who we really are.



## Indigenous Book about Kindness



Katherena Vermette  
Illustrated by  
Julie Flett

### The Girl And The Wolf

While picking berries with her mother, a little girl wanders too far into the woods. When she realizes she is lost, she begins to panic. A large grey wolf makes a sudden appearance between some distant trees. Using his sense of smell, he determines where she came from and decides to help her. Through a series of questions from the wolf, the little girl realizes she had the knowledge and skill to navigate herself—she just needed to remember that those abilities were there all along.



# Community Education Service



*Improving emotional health and well being*

## Can We Talk: Healthy Relationships

Diana Wark (She/Her), Parent Program Coordinator for Centre for Sexuality

Join us for an interactive workshop to learn how to navigate those sometimes awkward but essential conversations that foster well-being, healthy relationships and informed decision-making. We empower parents with knowledge, skills and confidence to engage in open, honest and supportive conversations about sexuality and sexual health with their children.

In this workshop, we will describe and explore healthy, unhealthy and abusive relationship patterns. We will learn about effective communication and practice discussing topics related to romantic/intimate relationships in ways that are grounded in your values.



## FREE SESSION

November 20<sup>th</sup>, 2024  
1:00 PM – 3:00 PM

[Register HERE](#)



This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Recovery Alberta Health Services in partnership with [Calgary for Sexuality](#)

# Community Education Service



*Improving emotional health and well being*

## Building Resiliency in Today's Youth

**Andrea Halwas Larsen, PhD, CT, REACE**

**Counselling Therapist**

**Associate Therapist and Education Coordinator at Juno House**

### *Brought to you by specialists in Girls' Mental Health*

Before High School graduation, one-third of adolescent girls will experience depression, anxiety disorders, self-harm or an eating disorder. However, there is an incredible power in caregivers who can support our youth, both young women and men, before they seek therapy.

At [Juno House®](#), we believe in the extraordinary healing power of parents, caregivers, coaches, and teachers. In our 1.5 hour workshop presentation, we will share steps and strategies from the Juno House Therapeutic Model® that will provide effective emotional coaching tools for today's youth as they develop through adolescence and into young adulthood.

We believe that talking does not grow neurons; experience grows neurons. This workshop is designed to give caregivers the skills to become their child's emotional coach. The workshop will provide participants with:

- Basic introduction of interpersonal neurobiology,
- Where emotions live in our brains,
- The essential role emotions play in mental well being,
- How to identify emotions in youth,
- How to become an emotional coach in only five steps.

**November 21<sup>st</sup>, 2024**

**12:00 PM – 1:30PM**

[Register](#)

**HERE**







# CULTIVATE

*Prepare, Plant and Process into Adulthood*

**GROUPS FOR YOUTH AGES 8-13 AND 13-18**

The teen years are exciting time, and your child will go through many changes and challenges. We want to help guide them well and prepare them for this phase of life

- PEER RELATIONSHIPS AND DATING
- BULLIES AND CRITICISM
- PHYSICAL CHANGES OF PUBERTY
- EATING DISORDERS, SELF- INJURY, DEPRESSION, ANXIETY
- OUR IDENTITY
- GENDER AND SEX
- CONFLICT RESOLUTION

**CALL US TODAY TO REGISTER**



OLDS AND AREA  
*Pregnancy Support Centre*

587-796-1611  
www.oldspreg.ca



# Christmas **DINE & DANCE**

**Saturday,  
December 7**

**Doors open at 5:30 pm \* Dinner served at 6:30pm \* Cash Bar**



*Comedian*  
**Brenda Robinson**

**Bowden Paterson  
Community Centre**

For more information  
or to purchase Tickets  
go to Bowden ATB or call  
Kim at 403-507-5090

*Presented by:*  
**Expanding Horizons Society**

**Ticket Option #1 - \$65**

**Dinner 6:30**

**Brenda Robinson 8:00 pm**

**Cole Martin & Band 9:30 pm**

**Ticket Option #2 - \$30**

**Cole Martin & Band 9:30 pm**

**9:00 pm entrance**



*Featuring:*  
**Cole Martin**