



# September Youth & Family Program

Family Resource Network Programs at Clareview Recreation Centre (3804 139 Ave)



## MONDAY

Family Time Drop-In  
C5 ECD Space  
1:30 pm-5:00 pm  
Ages 0-5  
*\*Not Facilitated\**

Brave Space  
C5 Youth space  
3:30 pm-5:00 pm

Tutoring Program  
Meeting Room B  
4:00 pm-5:45 pm

Sports Explore  
Gym 2A  
3:00 pm-5:45 pm

I Rock STEM  
SkillCity  
MP2  
3:30 pm-5:30 pm

## TUESDAY

Family Time Drop-In  
C5 ECD Space  
1:00 pm-4:45 pm  
Ages 0-5  
*\*Not Facilitated\**

Chess 101  
MP1  
3:00 pm-5:00 pm

Get Coached  
MP2  
4:00 pm-6:00 pm  
Ages 12- 24

Sports Explore  
Open Sports  
Gym 2A  
3:30 pm-5:30 pm

Jr Chef  
Rec Kitchen  
4:00 pm-6:00 pm  
Ages 8-16

## WEDNESDAY

C5 Jumping Gym  
Indoor Playground  
9:30 am-12:30 pm  
Ages 0-5

MOMS R US  
C5 Meeting Room  
1:00 pm-2:00 pm

Sports Explore  
Open Sports  
Gym 2  
3:30 pm-5:30 pm

I Rock STEM  
SkillCity  
MP2  
3:30 pm-5:30 pm

## THURSDAY

Family Time Drop-In  
C5 ECD Space  
1:00 pm-4:45 pm  
Ages 0-5  
*\*Not Facilitated\**

Youth Zone  
MP4  
12:30-5:30 pm

Family Night  
MP1  
4:00 pm-5:45 pm  
*\*All ages*

STEM Hero's  
SkillCity  
MP2  
3:30 pm-5:30 pm

## FRIDAY

Family Time Drop-In  
C5 ECD Space  
1:30pm-5:00pm  
Ages 0-5  
*\*Not Facilitated\**

Indigenous Creative Corner  
MP1  
3:30-5:45pm

Staying Home Alone  
Education Program  
MP3  
**Registration Opens September 23rd**

Sports Explorer  
Open Sports  
Gym 2A  
3:00 pm-5:45 pm

Let's Get Physical  
Youth Fitness Program  
MP2  
3:45pm-5:45 pm

**Office Hours:**  
Monday- Friday:  
9:00 am- 5:00 pm

Office Closed;  
September 2nd- Labor Day  
September 30th- Truth and  
Reconciliation Day (*\*Don't  
forget to wear your Orange  
Shirts*)

**Important Dates:**  
Youth After School Program  
begins September 9th

NOTE: Youth must participate  
in the Youth After School  
Program to receive a wristband.

**Aquatic Centre shutdown from  
Sept 3-Oct 25.**

*Scan me*



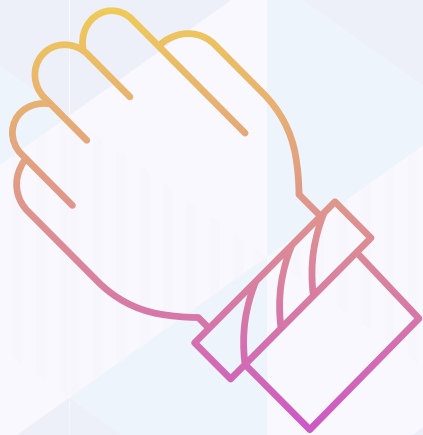
**For more information and to register for all programs**

**Visit: [www.c5yeg.ca](http://www.c5yeg.ca)**

**PLEASE BE AWARE THAT ALL PROGRAMS AND EVENTS ARE SUBJECT TO CHANGE**

# C5 Family Resource Network

Attend one of our programs and receive a wristband for free to access the Clareview Recreation Centre pool, gym, and more! Valid for youth ages 8-17 on weekdays only. Must drop-in between 1:00pm-5:30pm.



BOYLEstreet  
COMMUNITY SERVICES



NEWCOMER  
CENTRE  
Thrive Here



Norwood  
Child and Family Resource Centre



terra centre  
Empowering Teen Parents to Succeed



Clareview  
COMMUNITY RECREATION CENTRE



THE LIVE  
INITIATIVE



Edmonton



Skillcity  
Institute

Clareview Recreation Center  
3804- 139 avenue  
Entrance 3- C5 FRN SPACE

# What's New???



**LET'S GET PHYSICAL!**

▶▶▶▶

- RISK ANALYSIS
- SELF DEFENCE TECHNIQUES
- AWARENESS
- GROUND DEFENCE
- RESTRAINTS (LOCKS AND HOLDS)

*Fridays*  
3:45 pm - 5:45 pm  
Clareview Recreational Centre, MP2

For more information, contact  
Tolu.sowunmi@c5edmonton.ca

BOYLEstreet, NORWOOD, CLAREVIEW RECREATION CENTRE, C5EDMONTON

The poster features a teal background with images of orange dumbbells, white sneakers with orange laces, a clear water bottle, and white earbuds. The text is in white and yellow.



**C5 TUTORING PROGRAM**

*After school tutoring session with our seasoned tutors*

Location- Clareview Recreational Centre, Meeting Room B  
Mondays- 4:00 pm - 5:45 pm

For more information, contact  
Tolu.sowunmi@c5edmonton.ca

BOYLEstreet, NORWOOD, CLAREVIEW RECREATION CENTRE, C5EDMONTON

The poster has a yellow background with a stack of colorful books and a coffee cup on top. The text is in white and yellow.

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# Youth After School Programs

## YOUTH SPORTS EXPLORE

Clareview Recreation Centre  
Tuesdays, Wednesdays & Fridays  
3:30pm - 5:30pm

Sports include:  
Basketball || Soccer || Floor hockey || Dodgeball  
Badminton || Volleyball || & More



**Team Building and Physical Health!**

For more information contact  
Daniel.loki@c5edmonton.ca



## YOUTH ZONE

TEAM GAMES      PRIZES      CHALLENGES




**Thursdays**  
12:30pm - 5:30pm  
Clareview Recreational Centre -Mp4




For more information contact  
Daniel.loki@c5edmonton.ca




## CHESS 101



**Tuesday**  
3:00pm - 5:00pm  
Location: Clareview Recreation Centre- MP1



For more information contact  
Tolu.sowunmi@c5edmonton.ca



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# Youth After School Programs

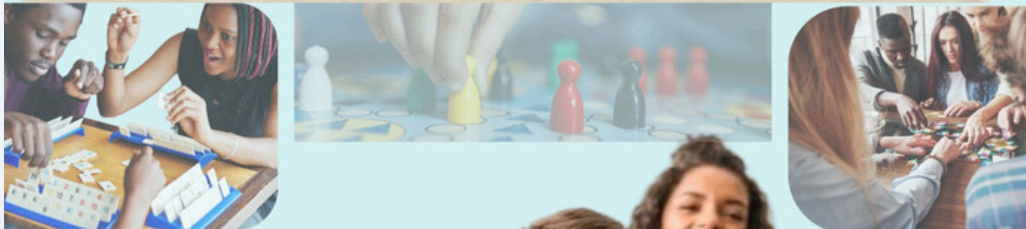
## BRAVE SPACE

Youth Ages 8-17

Safe Space for Youths!

Location: Clareview Recreational Centre  
C5 Youth Drop-In space  
Mondays  
3:30pm - 5:00pm

Games || Snack || Supports and Resources



IN PARTNERSHIP WITH



presents



### BENEFITS:

- Free Coaching & Mentorship
- Wristband for the use of REC Facilities



SCAN CODE  
TO REGISTER

Register:  
[www.theliveinitiative.ca/get-coached](http://www.theliveinitiative.ca/get-coached)

Supported by:



## AFTER SCHOOL PROGRAM

Open to Dancers, Singers, Poet/  
Spoken words, Visual or Fine Artist  
& Actors.

- \* AGE: 12 - 25 YEARS
- \* SESSION DAYS  
Tuesdays // 4:30 - 6:00pm
- \* VENUE  
Room 2, Clareview Community  
Recreation Centre



## Indigenous Creative Corner

Youth After School Program

3:30PM-5:45PM

Fridays

Location- Clareview Recreational  
Centre(MPI)

For more information, contact  
[Khadra.ahmed@bentarrow.ca](mailto:Khadra.ahmed@bentarrow.ca)



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# ECD Programs: Ages 0-5



## Jumping Gym Time

**Where:** Clareview Recreation Centre- Indoor Playground  
**When:** Every Wednesday -9:30am- 12:30pm  
**Who:** Parents with children Ages 0-5

## Family Time

Early Child Development Programs Ages 0-5

Mondays and Fridays: 1:30 pm- 5:00 pm  
 Tuesdays and Thursdays: 1:00 pm-4:45 PM  
 Location: Clareview Recreational Centre-C5 ECD Space

Parents with children ages 0-5, join us for exploration, fun, story stops, movement breaks, and more.

For more information, Contact: [Jasmine.blake-hayes@bentarrow.ca](mailto:Jasmine.blake-hayes@bentarrow.ca)

## Moms R Us

Parents contribute to developing focus, concentration, and self-control in their children. They also improve critical thinking, empathy, perspective, making connections, and communicating. With a supportive parent, a child never regrets taking risks and this prepares a self-directed child

Moms R Us is about Moms coming together to introduce new ideas to their already existing tool kit!

**Child Minding is Available**

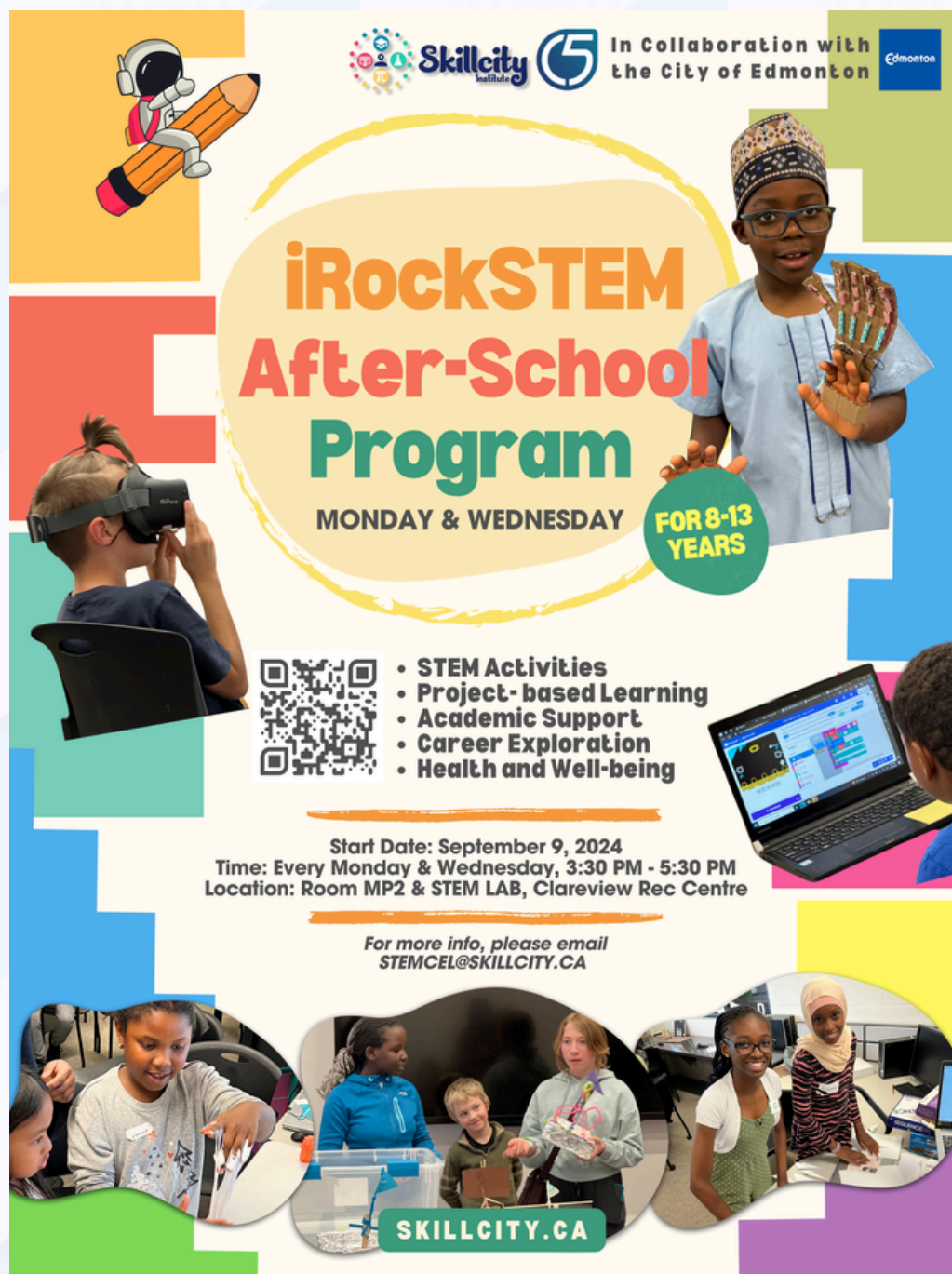
Every Wednesday 1:00pm-2:00pm

For more information and to register contact [Khadra.ahmed@bentarrow.ca](mailto:Khadra.ahmed@bentarrow.ca)

Join us for our Early Child Development Programs and Parent Education Programs, tailored for families with children between the ages of 0-6.

PLEASE BE AWARE THAT ALL PROGRAMS AND EVENTS ARE SUBJECT TO CHANGE

# Youth After School Programs



**iRockSTEM After-School Program**  
 MONDAY & WEDNESDAY **FOR 8-13 YEARS**

In Collaboration with Skillcity and The City of Edmonton

- STEM Activities
- Project-based Learning
- Academic Support
- Career Exploration
- Health and Well-being

Start Date: September 9, 2024  
 Time: Every Monday & Wednesday, 3:30 PM - 5:30 PM  
 Location: Room MP2 & STEM LAB, Clareview Rec Centre

For more info, please email [STEMCEL@SKILLCITY.CA](mailto:STEMCEL@SKILLCITY.CA)

SKILLCITY.CA



**YOUTH ROCKS AFTER-SCHOOL PROGRAM**

**TUES 3:30 TO 5:30 PM**

**FOR JUNIOR AND HIGH SCHOOLERS**

In Collaboration with RIVERBEND ROCKS, Skillcity, and The City of Edmonton

Time: Every Tuesday, 3:30- 5:30pm  
 Room: MP4, Terwillegar Rec Centre

Join Us for an Exciting Journey of Career Exploration and Personal Growth!

- STEM Activities
- Health and Well-being
- 21st Century Skills
- Finance Literacy
- Success Coaching
- Career Exploration

FOR MORE INFO, PLEASE EMAIL [YOUTHROCK@SKILLCITY.CA](mailto:YOUTHROCK@SKILLCITY.CA)



**STEM Heroest+ After-School Program**

**THURS 3:30 TO 5:30 PM**

**FOR JUNIOR AND HIGH SCHOOLERS**

In Collaboration with Skillcity and The City of Edmonton

We mentor and inspire students to think creatively, collaborate, and develop STEM skills. Start Date: September 12, 2024

TIME: EVERY THURSDAY, 3:30 PM - 5:30 PM  
 ROOM: MP2, CLAREVIEW REC CENTRE

For more info, please email [STEMCEL@SKILLCITY.CA](mailto:STEMCEL@SKILLCITY.CA)

SKILLCITY.CA

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# Other Programs

## Family Night Drop In

Fun for the Whole Family

Clareview Recreational Centre- MP1  
Thursdays, 4:00 pm-5:45 pm

Movie Nights   Games   Meals   Crafts   Free Resources



C5 PRESENTS  
TAWOW APISCAWASISWIW

## Jr Chefs

**FREE YOUTH AFTER SCHOOL PROGRAM**

**Tuesdays**  
**4:00 pm-6:00 pm**

Ages 9- 14 years old

A 6-week cooking program for youth to learn kitchen safety and obtain Food and Safety Certification.

**3804- 139 ave**  
**Clareview Recreation Centre**

For more information, visit [www.c5yeg.ca](http://www.c5yeg.ca)  
or contact [Jasmine.blake-hayes@bentarrow.ca](mailto:Jasmine.blake-hayes@bentarrow.ca)

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# C5 Family Resource Network Facilitators



**Ore**  
Communications  
ore.owolabi@c5edmonton.ca



**Khadra**  
Parent Educator  
khadra.ahmed@bentarrow.ca



**Jasmine**  
C5 FRN Team Lead  
Program Facilitator  
jasmine.blake-hayes@bentarrow.ca



**Tolu**  
Youth Outreach Worker  
Tsowunmi@emcn.ab.ca

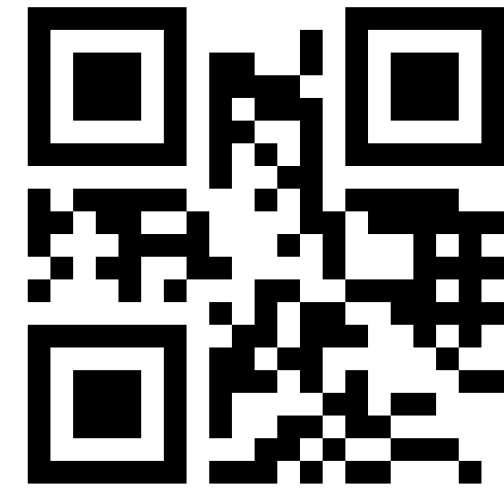


**Daniel**  
Youth Outreach Worker  
daniel.loki@c5edmonton.ca

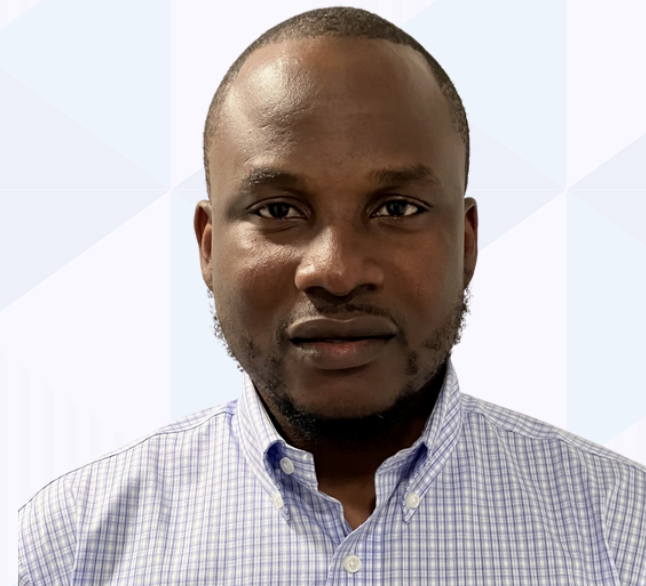
Visit our website at  
[www.c5yeg.ca](http://www.c5yeg.ca)  
for more information



# C5 Family Resource Network Partners



**Funke Smith**  
CEO Skillcity  
Stemcel@skillcity.ca  
844-633-2060



**Mayowa**  
Get Coached Facilitator  
www.theliveinitiative.ca  
+1-780-270-7853

**Visit our website at  
[www.c5yeg.ca](http://www.c5yeg.ca) for  
more information**

# September 2024

## Programs and Services @ the C5 NorthEast Community Hub (14017 Victoria Trail NW, Edmonton, AB)

Monday

Employment Services  
9AM-4PM

Hot Meal  
11AM-12PM

Tuesday

Employment Services  
9AM-4PM

Health for Two  
1:30PM-3PM

Wednesday

Employment Services  
9AM-4PM

Hot Meal  
11AM-12PM

Thursday

Employment Services  
9AM-4PM

CIVIDA Housing  
Every 2nd Thursday  
9AM-4PM

Friday

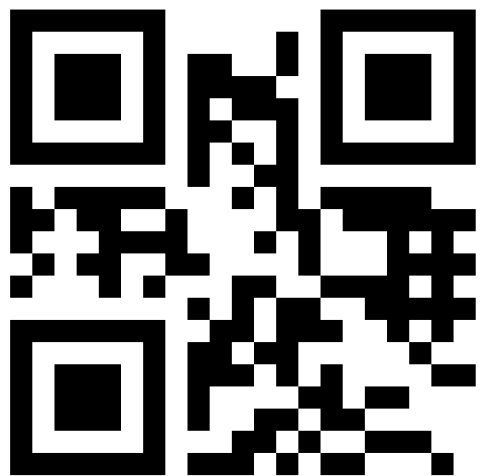
Employment Services  
9AM-4PM

Stay and Play  
10AM-12PM

Soup & Bannock  
11:30AM-1PM  
\*\*\*Every second Friday

Amazing Elders  
1PM-3PM

*Scan me*



Soup & Bannock  
Schedule

Sept 13  
Sept 27



BOYLEstreet  
COMMUNITY SERVICES



Norwood  
Social and Family Resource Centre



# September 2024

## Programs and Services @ the C5 Employment Hub (14017 Victoria Trail NW, Edmonton, AB)

Monday

Foundations of Job Search  
10AM-12PM

Canadian Workplace Culture and Inter-Cultural Awareness  
1PM-3PM

Tuesday

The Labour Market and Networking  
10AM-12PM

Practical Time Management  
1PM-2PM

Practical Time Management  
2PM-3PM

Wednesday

Effective Resume Writing  
10AM-12PM

Effective Cover Letters and Emails  
1PM-3PM

Thursday

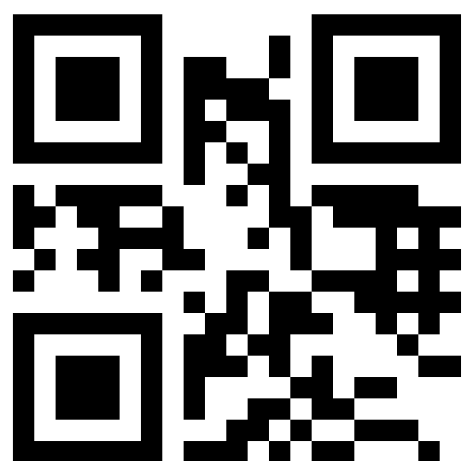
Interview Strategies: The Process  
10AM-12PM

Interview Strategies: Q&A  
1PM-3PM

Friday

Practical Conflict Management  
1PM-2PM

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- Foundations of Job Search (2hrs.)
- The Labour Market and Networking (2hrs.)
- Effective Resume Writing (2hrs.)
- Effective Cover Letters and Emails (2hrs.)
- Interview Strategies: The Process (2hrs.)
- Interview Strategies: Questions and Answers (2hrs.)

- Canadian Workplace Culture (1hr.) and Inter-Cultural Awareness (1hr.)
- Practical Personal Safety (1hr.)
- Practical Time Management (1hr.)
- Practical Conflict Management (1hr.)
- What to do now? After COVID-19? (Management of Change) (1hr.)



BOYLEstreet  
COMMUNITY SERVICES

