

## YMCA YOUTH PROGRAMS

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# November 2022



\*Please note on Sunday November 6th, 13th and 20th from 12PM - 2PM there will be a virtual Youth Shoplifting workshop with Elizabeth Fry for females only. Attendance to all workshops is not mandatory, but is encouraged.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Let's get real FASD Workshop 4PM-6PM	2 Anger Management W/Dale 5PM-6PM (Session 1 in-person @ Boyle Street Plaza)	3 Self-Esteem & Peer Pressure W/Amanda (13 + yrs) 4PM-5PM  XI Music Program (week 5) 5PM-7PM  Youth with Confidence (13-15 yrs) 6PM-8PM	4
7	8	9	10	11

		Anger Management W/Dale 5PM-6PM (Session 2 in-person @ Boyle Street Plaza)	XI Music Program (week 6) 5PM-7PM  Girls Empowered and Strong – Comparing and Competing 5PM-6PM	
14	15	16	17	18
	Healthy Relationships W/Carmela 4PM-5PM  Foodbank Volunteering with Cayleigh 4PM-7PM	Independent Anger Management W/Dale (virtual) 4PM-5PM  Anger Management W/Dale 5PM-6PM (Session 3 in-person @ Boyle Street Plaza)	Girls Empowered and Strong – Self-Care and Coping 5PM-6PM	
21	22	23	24	25
	Self-Care and Mindfulness 4PM-5PM  Art for the Heart Resin Pouring Workshop – Family Futures (15-18yrs) 6PM-8PM	Anger Management W/Dale 5PM-6PM (Session 4 in-person @ Boyle Street Plaza)  Art Works – Family Futures (11-14 yrs) 6PM-8PM		
22	29	30		
	Art for the Heart Sculpting Workshop – Family Futures (15-18yrs) 6PM-8PM	Anger Management W/Dale 5PM-6PM (Session 5 in-person @ Boyle Street Plaza)		

**\*\*Please email [teagan.roesler@ymcanab.ca](mailto:teagan.roesler@ymcanab.ca) to register for the following virtual workshop sessions: Self-Care and Mindfulness, Healthy Relationships, Job Readiness, Anger Management, Let's Get Real, Youth Engagement Events, Self-Esteem and Peer Pressure\*\***

### **\*Family Futures Programming\***

Please visit (<https://www.familyfutures.ca/programs-services/13-years/>) for more details about the following programs and to register: Art for the Heart (15-18 yrs), Art Works (11-14 yrs), Babysitting Course (12+ yrs), Youth with Confidence (13-15 yrs) and Youth Hangouts (13-18 yrs)

### **Job Readiness**

Help youth actively seeking employment prepare for the workforce. This virtual session includes discussion on documents needed, new employee etiquette, rights and responsibilities of employees/employers, mock interviewing opportunities, resume review, etc. Email [muna.ahmed@bgcbigs.ca](mailto:muna.ahmed@bgcbigs.ca) to register.

### **Self-Esteem and Peer Pressure**

This is a virtual workshop is designed for youth 13+. The workshop discusses various levels of self-esteem, the relationship between self-esteem and social media, how to boost self-esteem, and manage and identity various negative types of peer pressure. This workshop also focuses on self-compassion and the importance of treating yourself the way you would treat a friend or a loved one.

### **Youth Engagement Event**

Youth are invited to attend monthly Youth Engagement Events to have an opportunity to connect with others in-person. Youth will participate in various activities and sports. Snacks are provided. There are also chances to win door prizes and receive swag so feel free to bring a friend or two!

### **How-to Adult**

Being an adult can be challenging. Designed to educate and prepare participants for the transitional phases in their life, moving from adolescence into adulthood. How to Adult also takes in-school learning and furthers it by outside the classroom exploration and exposure. Topics discussed include healthy relationships, post-secondary planning, financial management, communication skills, etc.

### **Anger Management**

This program focuses on youth with anger management issues in need of strategic personality management. Anger Management can be run for both individuals (i.e., one-to-one support) and groups over a four-to-eight-week period. Email [dale.carlson@ymcanab.cato](mailto:dale.carlson@ymcanab.cato) register.

### **Self-Care and Mindfulness**

This virtual workshop focuses on mental health, positive and negative self-care strategies and creating your own daily self-care plan to utilize on your own.

### **Recreation Nights**

Offered as both a drop-in and registered program, groups meet and take part in a variety of recreational activities throughout the City of Edmonton. Activities may include movies, skiing, rock climbing, dinner theatre, swimming, kayaking, pool, and more. Youth Support Workers supervise participants during activities and work to encourage a positive, friendly environment where everyone feels welcome. Email [Taro.Hashimoto@ymcanab.ca](mailto:Taro.Hashimoto@ymcanab.ca) to register.

### **Shoplifting with Elizabeth Fry**

Shoplifting is a program that gives female youth the opportunity to learn the triggers for shoplifting and discuss associated behaviours. The topics covered in Shoplifting include:

Introduction to Shoplifting, Assertiveness, Communication & Peer Pressure, Anger and Anger Management, Trauma, Addictions and Coping and Motivation to Change. This program runs virtually over zoom once a week for 2 hours. Please email [Mehrnaaz.Teja@efrynorthernalberta.com](mailto:Mehrnaaz.Teja@efrynorthernalberta.com) to register as required.

### **Girls Empowered and Strong (GES):**

This program that allows teenage girls/LGBTQ2S+ teens to safely address issues facing them and become empowered to enable strong and positive futures. GES is running as an 8-week workshop series where youth learn about key topics such as emotional regulation, self-esteem, body image, and taking care of ourselves. Workshops run virtually for one hour. Please email [Mehrnaaz.Teja@efrynorthernalberta.com](mailto:Mehrnaaz.Teja@efrynorthernalberta.com) to register.

**Youth with Confidence (Family Futures)**

This program challenges youth to draw from their personal experiences and reflect upon what they learn to apply it to their everyday lives. Each week they participate in independent and group activities and discussions. These activities, along with reflective journaling and mindfulness activities, help increase their confidence and interpersonal skills. See Family Futures website for details.