

YMCA YOUTH PROGRAMS

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October 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 Self-Esteem & Peer Pressure w/ Amanda 4-5pm (13+yrs) Room XI Music Program (Week 1 5-7pm)	7 Anger Management w/ Dale 4-5pm
10 Thanksgiving	11 Self-Esteem & Peer Pressure w/ Isabelle 4-5pm (under 13 yrs)	12 Edmonton Foodbank Group Volunteering w/ Cayleigh 4-7pm	13 Room XI Music Program (Week 2 5-7pm)	14 Family Futures Babysitting Course October 15 th and 22 nd (10am- 330pm) *in-person @ Summerside location
17	18 Healthy Relationships w/ Carmela 4-5pm	19	20 Self-Care and Mindfulness w/ Teagan 4-5pm Room XI Music Program (Week 3 5-7pm)	21 Anger Management w/ Dale 4-5pm Family Futures Babysitting Course October 15 th and 22 nd (10am-330pm) *in-person @ Summerside location
24	25	26 Job Readiness 4-5pm	27 Room XI Music Program (Week 4 5-7pm)	28

****Please email andrea.kocken@ymcanab.ca to register for the following virtual workshop sessions: Self-Care and Mindfulness, Healthy Relationships, Job Readiness, RoomXI Music Program, Anger Management, Self-Esteem and Peer Pressure****