

# Registration

**To register or for more information  
please call  
780 - 464 - 4044**

## **Payment**

Registration is confirmed when payment is received. Payment can be made over the phone using Visa or MasterCard or in person using cheque, cash or debit.

## **Subsidy**

Limited subsidies are available to those who are eligible. Please inquire at the time of registration.

## **Location**

All workshops (unless otherwise noted) are held at Strathcona County Family and Community Services  
#276, 2755 Broadmoor Blvd.  
Sherwood Park, AB

## **Withdrawal Procedure**

All course withdrawal refunds are subject to a \$25 administration fee unless; cost for the course is less than the administration fee, in which case there will be no refund.

Withdrawals prior to one week or more to the course/group start date are eligible for a refund.

There are no refunds after the start of the course/group.

## **Cancellation**

All courses/groups are subject to minimum enrollment numbers and availability of facilitators. Workshops may be changed or cancelled as necessary. You will be notified if course/group times have changed or if the course/group has been cancelled.

**[www.strathcona.ab.ca](http://www.strathcona.ab.ca)**



# Spring Workshops 2010



Family and Community Services provides a range of supportive services for people of all ages

Workshops and special events may be added at any time

For information call  
780 - 464 - 4044

or  
visit our website  
[www.strathcona.ab.ca](http://www.strathcona.ab.ca)

## For Children

### Competent kids - social skills (9 weeks)

This is a social skills workshop for children in grades 1-3 & grades 4 - 6. This workshop uses activities and instruction to encourage positive interactions between children. Focus is on cooperation, making friends, maintaining self control and helping children recognize their strengths.

#### *Parent Orientation:*

Grades 1 - 3 & 4 - 6

Wednesday, April 7

6 p.m. - 7 p.m.



Children are not  
required to attend  
parent orientation

#### **Grades 1 - 3**

Mondays, April 12 - June 14

5 p.m. - 6 p.m.

No class May 24

**Mid -Session parent interviews - May 10**

**1/2 hour appointments between 5 p.m. & 7 p.m.**

**(no class for children)**

#### **Grades 4 - 6**

Wednesdays, April 14 - June 9

5 p.m. - 6 p.m.

**Mid -Session parent interviews - May 12**

**1/2 hour appointments between 5 p.m. & 7 p.m.**

**(no class for children)**

Location: Family and Community Services

Cost: \$45

### Free the horses - let the adventure begin

#### (10 weeks)

Children in grades 1 - 3 will enjoy this adventure that helps children to believe in themselves, their talents and their dreams. Help your child think positively and build their character.

#### *Parent Orientation*

Tuesday April 6

6 p.m. - 7 p.m.



Children are not  
required to attend  
parent orientation

Tuesdays, April 13 - June 15

5 p.m. - 6:15 p.m.

Location : Family and Community Services

Cost: \$45

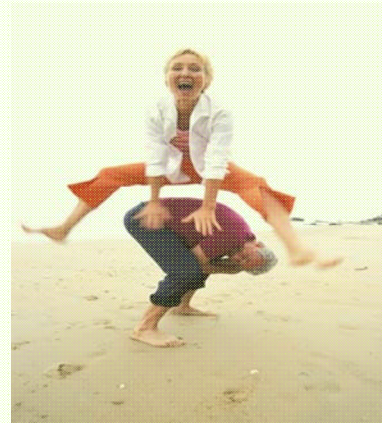
## Seniors Jamboree

# Seniors Week

**June 7 - 11, 2010**

“Celebrate with Friends”  
at the Seniors Jamboree!

Join the fun at the  
Ardrossan Recreation Complex



Friday, June 11

10:30 a.m. - 2:15 p.m.

Visit the Lifestyle and Information fair, enjoy your lunch as you listen to the music and enter to win door prizes.

Bus transportation is available if required.

Tickets are \$10 and are available at the Information and Volunteer Centre from May 1 - May 29.

Call 780-464-4044 for more details.

## For Older Adults

### AMA Driver 55 Plus Course

This four part course will send you off with tips and strategies to help drive in different driving environments and knowledge of current road rules and regulations.

This program is made possible by AMA, Family and Community Services, and the Strathcona County Library.

Date: Mondays/Thursdays  
March 15, 18, 22 and 25  
Time: 10 am - 12:30 pm  
Location: Strathcona County Library

To register please call AMA at  
1-800-642-3810  
Cost: \$50

### Understanding Guardianship

With the new Alberta Guardianship and Trusteeship Act (proclaimed October 30, 2009), you may be wondering what is the best option for you and your loved one in regards to Guardianship.

This interactive presentation is designed to help you understand the various options available, and the process involved so that you can obtain the best possible solution for your unique situation.

Date: Thursday April 8  
1:30 p.m. - 3:30 p.m.  
Cost: No charge  
Location: Strathcona County Library  
To register please call  
Family and Community Services  
780-464-4044

### Parachute Group - Children (10 weeks)

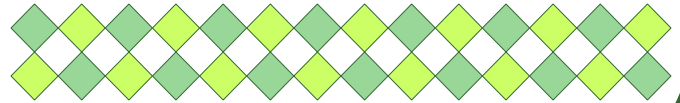
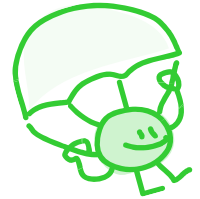
The parachute group provides support to children age 5 - 11 years who are experiencing the effects of a separation or divorce. Children will participate in games, activities and discussion that is designed to help them share their feelings. Children will be placed in a group using grade level as criteria.

Level 1: Kindergarten & grade 1  
Level 2: Grades 2 & 3  
Level 3: Grades 4, 5 & 6

*Parent/child meetings: Thursday April 8*  
*15 minute appointments from*  
*6 p.m. - 8 p.m.*

Thursdays, April 15 - June 17  
6:30 p.m. - 7:30 p.m.

**To register for this group please call  
Pat @ 780-464-4044**



## For Youth

### Boys will be boys (10 weeks)

This group is based on curriculum from The Council of Boys and Young Men. This strength based and action packed group provides boys age 9 - 13 years an opportunity to express themselves, engage in team experiences and build skills.

*Parent Orientation: Wednesday, April 7*  
*6 p.m. - 7 p.m.*

Wednesdays, April 14 - June 16  
6 p.m. - 7 p.m.  
Location: Family and Community Services  
Cost: \$45

## For Adults

### Caregiver Circle of Support



#### Caregiver Circle of Support

Do you need someone outside your family to talk to? This facilitated group is for people who are providing care for an aging parent or relative. Topics for discussion will be determined by the group and resource information will be provided as requested.

Mondays, April 12 - June 28

(no group May 24)

7 p.m. - 8:30 p.m.

Location: Family and Community Services

Cost: Free



#### Solid Marital Home ( 4 weeks)

Did you know that couples typically have problems for six years before they seek help? Be pro-active, discover ways to strengthen your relationship and prevent future difficulties.

Tuesdays April 13 - May 4

7 p.m. - 9 p.m.

Or

Mondays May 31 - June 21

7 p.m. - 9 p.m.

Location: Family and Community Services

Cost: \$45/couple

\* Note: must attend as a couple



#### Prism Group – Parents

(10 weeks)

This group is for parents whose children are enrolled in the parachute group. Information and support for parents who are parenting through divorce or separation.

*Parent/child meetings: Thursday, April 8  
15 minute appointments from 6 p.m. - 8 p.m.*

Thursdays, April 15 - June 17

6:30 p.m. - 7:30 p.m.

Location: Family and Community Services

To register for this group please call

**Pat @ 780-464-4044**

## Windows on Wellness...



### A Women's Conference

**Saturday, March 20, 2010**

**at Bev Facey High School**

**99 Colwill Blvd.**

**Sherwood Park, AB**

**Registration Fee: \$45.00**

**For more information call**

**Family & Community Services**

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**or visit us online at**

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