

# January 2026 Family Resource Network

Clareview Recreation Centre (3804 139 Ave)

## MONDAY

Family Time Drop-In  
C5 ECD Space  
9:00 am-12:00 pm  
Ages 0-5  
\*Not Facilitated\*

Parent and Tot Swim  
10:00 am-2:00 pm  
Children ages 0-6  
Must attend with 18+

YASP iRockSTEM  
MP2  
3:30 pm- 5:30 pm

YASP Brave Space  
C5 Youth Room  
3:30 pm-5:30 pm

Youth Employment  
3:30pm-5:00pm  
Gunda Murray

YASP- C5 Sports  
Performance Program-  
CO ED-MP4  
4:00 pm-5:45 pm

## TUESDAY

Family Time Drop-In  
C5 ECD Space  
9:00 am-3:30 pm  
Ages 0-5  
\*Not Facilitated\*

YASP Tutoring  
C5 Meeting Rm B  
4:00 pm-5:45 pm

C5/Men's Shed  
10:00 am -1:00 pm  
Meeting Rm B

YASP Get Coached  
MP2  
4:00 pm-6:30 pm

YASP Sports Explorer  
Gym 2A  
3:00 pm-6:00 pm

Power In you- For Girls  
January 13<sup>th</sup> - February 17<sup>th</sup>  
MP1 - 6:15pm 7:40pm  
Ages 12-18 years Old

## WEDNESDAY

C5 Jumping Gym  
Indoor Playground  
9:30 am-12:30 am  
Ages 0-6

Free Mental Health  
Counselling  
Wednesday Drop In  
9:00 am-4:00 pm

Senior Coffee  
Meeting Room B  
10:00am-12:30pm

Parent and Tot Swim  
10:00 am-2:00 pm  
Children ages 0-6  
Must attend with 18+

YASP SciEATS  
Rec Kitchen  
3:30pm-5:30pm  
Grades 4-12

YASP Sports Explorer  
Gym 2A  
3:00 pm-6:00 pm

YASP Chess 101  
C5 Meeting Rm B  
4:00 pm- 5:00 pm

## THURSDAY

Family Time Drop-In  
C5 ECD Space  
9:00 am-12:00 pm  
Ages 0-5  
\*Not Facilitated\*

Free Mental Health  
Counselling  
Appointment ONLY  
9:00 am-4:00 pm

YASP Youth Zone  
Drop In  
12:30 pm-4:00 pm  
MP4 space

YASP STEM HEROES+  
MP2  
3:30 pm-5:30 pm

YASP Indigenous  
Creative Corner  
Meeting Room B  
4:00 pm-5:00 pm

Clareview Youth Pod Cast  
Registered  
4:00 pm- 6:00 pm  
Ages 14+

## FRIDAY

Family Time Drop-In  
C5 ECD Space  
9:00 am-11:00 am  
Ages 0-5  
\*Not Facilitated\*

Parent and Tot Swim  
10:00 am-2:00 pm  
Children ages 0-6  
Must attend with 18+

YASP Sports Explorer  
Gym 2A  
3:30 pm-5:30 pm  
Ages 8+

YASP Community  
Connections  
( Family Night)  
MP2  
4:00 PM-6:00 PM  
January 23<sup>rd</sup>

Clareview Youth Pod Cast  
Registered  
4:00 pm- 6:00 pm  
Ages 14+

Office Hours:  
Mondays- Friday:  
9:00 am-4:00 pm

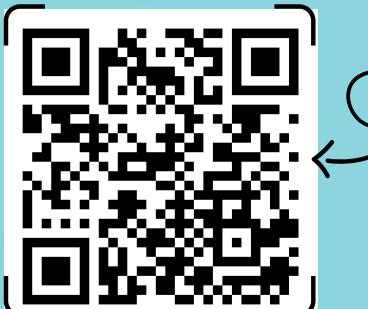
Effective January 2<sup>nd</sup>  
For all YASP Program  
Participants Must have a  
Move Learn Play Account

Parent Education Groups at  
Clareview- Norwood  
Registration Opens January 15<sup>th</sup>



Managing Behaviours  
Wednesdays  
February 18<sup>th</sup>- March 25<sup>th</sup>  
2:00pm-4:00pm

Jr Chef Registration OPEN  
Scan me



For More Information about  
Resources and Supports visit  
[www.c5yeg.ca](http://www.c5yeg.ca)



# January 2026 -Programs and Services @ the C5 North East Community Hub

(14017 Victoria Trail NW, Edmonton, AB)

MONDAY

Employment Services  
9AM-4PM

Drop In Resources and  
Supports- C5 Hub

Ongoing & New  
Program

Hear me Out Workshop  
Norwood  
January 21, 2026



TUESDAY

Employment Services  
9AM-4PM

Drop In Resources and  
Supports- C5 Hub

Health for Two  
ECD Space  
1:30PM-3PM

WEDNESDAY

Employment Services  
9AM-4PM

Drop In Resources and  
Supports- C5 Hub

THURSDAY

Employment Services  
9AM-4PM

Drop In Resources and  
Supports- C5 Hub

FRIDAY

Employment Services  
9AM-4PM

Drop In Resources and  
Supports- C5 Hub

Norwood Stay and  
Play  
ECD Space  
10AM-12PM

SAGE Amazing  
Elders  
1 pm- 3pm

## TALK TO US

C5 Hub-14017 Victoria Trail  
780-456-1484 ext. 2  
email:  
mai.jawuich@c5edmonton.ca

GO TO [WWW.C5YEG.CA](http://WWW.C5YEG.CA)

Civida Dates  
January 12<sup>th</sup>  
9:00 am- 4:00 pm

Soup & Bannock  
Schedule  
Cancelled Until  
Further Notice



# January 2026 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

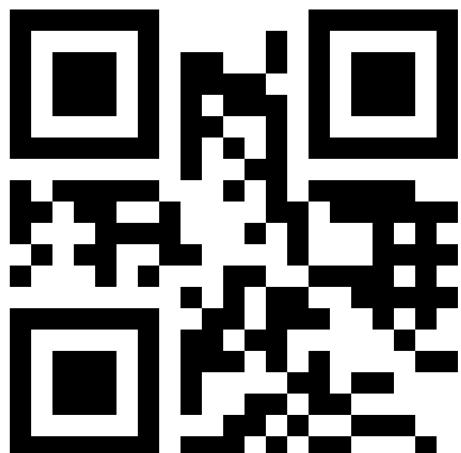
Interview Strategies:  
The Process  
10AM-12PM

Interview Strategies:  
Q&A  
1PM-3PM

## Friday

Practical Conflict  
Management  
1PM-2PM

Scan me



GO TO [WWW.C5YEG.CA](http://WWW.C5YEG.CA)

### ESSENTIAL WORKSHOPS (EMPLOYMENT SKILLS)

- 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.)

### ELECTIVE WORKSHOPS (LIFE SKILLS)

- 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.)

Please Note all Trainings are completed on site- Online