

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 13th - February 17th
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 23rd

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 2nd

For all YASP Program
Participants Must have a
Move Learn Play Account

Parent Education Groups at
Clareview- Norwood
Registration Opens January 15th



Managing Behaviours
Wednesdays
February 18th- March 25th
2:00pm-4:00pm

Jr Chef Registration OPEN

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For More Information about
Resources and Supports visit
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

Civida Dates

January 12th
9:00 am- 4:00 pm

WEDNESDAY

Employment Services
9AM-4PM

Drop In Resources and
Supports- C5 Hub

Soup & Bannock
Schedule

Cancelled Until
Further Notice

THURSDAY

Employment Services
9AM-4PM

Drop In Resources and
Supports- C5 Hub

TALK TO US

C5 Hub-14017 Victoria Trail
780-456-1484 ext. 2

email:
mai.jawuich@c5edmonton.ca

GO TO WWW.C5YEG.CA

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



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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

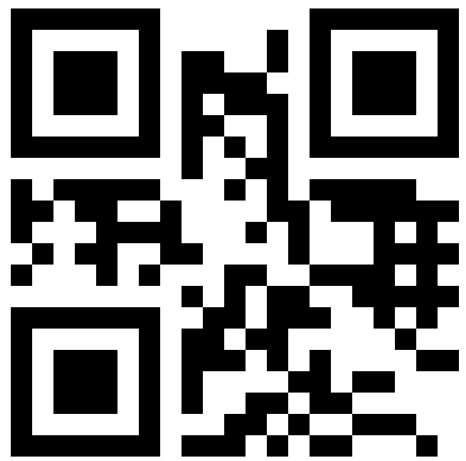
Interview Strategies: The Process
10AM-12PM

Interview Strategies: Q&A
1PM-3PM

Friday

Practical Conflict Management
1PM-2PM

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GO TO 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