

# 2024

# May Youth & Family Programing

Family Resource Network Programs at Clareview Recreation Centre (3804 139 Ave)



## MONDAY

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

Parent and Tot Swim  
10:00am-2:00pm  
Children Ages 0-6  
(Must be with adult 18+)

Brave Space  
Drop In  
3:00pm-5:30pm  
Ages 10+

SKILLCITY- iRockSTEM  
MP2  
YASP-3:30pm-5:30pm  
Ages 8-13

## TUESDAY

Family Time Drop-In  
C5 ECD Space  
10:00am-2:00pm  
Ages 0-5  
\*Not Facilitated\*

Chess 101  
MP1  
4:00pm-5:30pm  
Ages 8+

Get Coached-Edmonton Talent  
MP2  
4:30pm-6:00pm  
Ages 12+

Sports Explorer- Basketball  
GYM 2  
3:30pm-5:30pm  
Ages 12-18

Jr Chefs  
Clearview Rec Kitchen  
4:00pm-7:00pm  
Ages 11+

## WEDNESDAY

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

Parent and Tot Swim  
10:00am-2:00pm  
Ages 0-6  
(Must be with adult 18+)

Family Time Drop-In  
C5 ECD Space  
1:00pm-4:00pm  
Ages 0-5  
\*Not Facilitated\*

Sports Explorer-Soccer  
YASP-GYM 2  
3:30pm-5:30pm  
Ages 12+

SKILLCITY- iRockSTEM  
STEMCEL  
3:30pm-5:30pm  
Ages 8+

## THURSDAY

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

Youth Zone  
Kitchen/MP4/Brave Space  
1:00pm-5:30pm  
Ages 12-18

SKILLCITY-STEMHereoes+  
MP2  
3:30pm-5:30pm  
Ages 12+

Indigenous Paint Night  
MP1  
4:00pm-5:45pm  
All ages

## FRIDAY

Family Time Drop-In  
C5 ECD Space  
10:00am-2:00pm  
Ages 0-5  
\*Not Facilitated\*

Parent and Tot Swim  
10:00am-2:00pm  
Children Ages 0-6  
(Must be with adult 18+)

Self-Defense  
MP2  
4:00pm-5:00pm  
Ages 10+

Family Night  
MP1  
4:00pm-5:45pm  
All ages

Sports Explorer -Volleyball  
GYM 2A  
3:30pm-5:30pm  
Ages 12-18

**Office Hours:**  
Monday- Friday 9am - 4pm

**Holidays:**  
Victoria day - May 20th

For more information and to register  
for all programs  
Visit: [www.c5yeg.ca](http://www.c5yeg.ca)

*Scan me*



**PLEASE BE AWARE THAT ALL PROGRAMS AND EVENTS ARE SUBJECT TO CHANGE**

# Youth After School Programs

## BRAVE SPACE

Youth Ages 8-17

Safe Space for Youth!  
snacks, supports and resources

Location: Clareview Rec Centre-  
C5 Youth Drop-In space


Mondays  
3:00pm-5:30pm




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# Youth After School Programs


## CHESS 101



**TUESDAY**  
4:00PM - 5:30PM  
Location: Clareview Recreation Centre- MP1



For more information contact  
Ore.Owolabi@c5edmonton.ca



THE LIVE INITIATIVE presents IN PARTNERSHIP WITH Edmonton x 5

## GET COACHED

EDMONTON TALENTS

### AFTER SCHOOL PROGRAM

Open to Dancers, Singers, Poet/ Spoken words, Visual or Fine Artist & Actors.

- \* AGE: 12 - 25 YEARS
- \* SESSION DAYS  
Tuesdays // 4:30 - 6:00pm
- \* VENUE  
Room 2, Clareview Community Recreation Centre

**BENEFITS:**

- Free Coaching & Mentorship
- Wristband for the use of REC Facilities



Supported by: THE LIVE AGENCY



**SCAN CODE TO REGISTER**

Register:  
[www.theliveinitiative.ca/get-coached](http://www.theliveinitiative.ca/get-coached)

Attend one of our programs and receive a wrist band for free to access the Clareview Recreation Centre pools, gyms and more! Valid for youth ages 8-17 on weekdays only. Must drop in between 1pm-5:30pm.

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# Youth After School Programs

**YOUTH**  
SPORTS EXPLORER

Clareview Recreation Centre - Gym 2

**TUESDAY, WEDNESDAY, &  
FRIDAY**

3:30PM - 5:30PM

Sports include:

- Basketball
- Soccer
- Floor hockey
- Dodgeball
- Badminton
- Volleyball
- & More

Team Building and Physical Health!

For more information contact  
Daniel.loki@c5edmonton.ca



**YOUTH**  
**ZONE**

TEAM GAMES      PRIZES      CHALLENGES

**THURSDAYS**  
1PM - 5:30PM  
CLAREVIEW REC CENTRE -MP4

For more information contact  
Daniel.loki@c5edmonton.ca

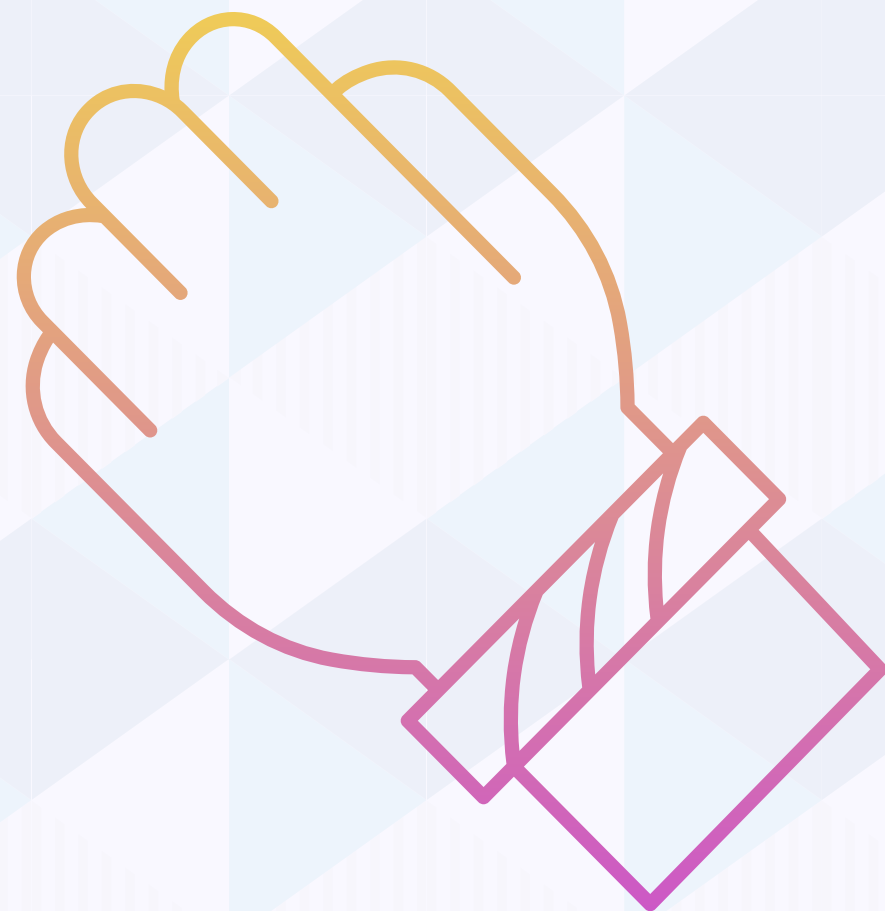


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# Youth After School Programs

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Valid for youth ages 8-17 on weekdays only.  
Must drop in between 1pm-5:30pm.


A poster for 'Indigenous Paint Night' with a teal background and yellow border. It features a pink paint splat on the left and an orange one on the right. At the bottom, there is a pink jar containing paintbrushes. The text is centered and includes the event name, day, location, time, and program details. Logos for various organizations are at the bottom.

**Indigenous Paint Night**

**Thursdays**  
**Clareview Rec Centre-MPI**  
**3:30pm-5:30pm**

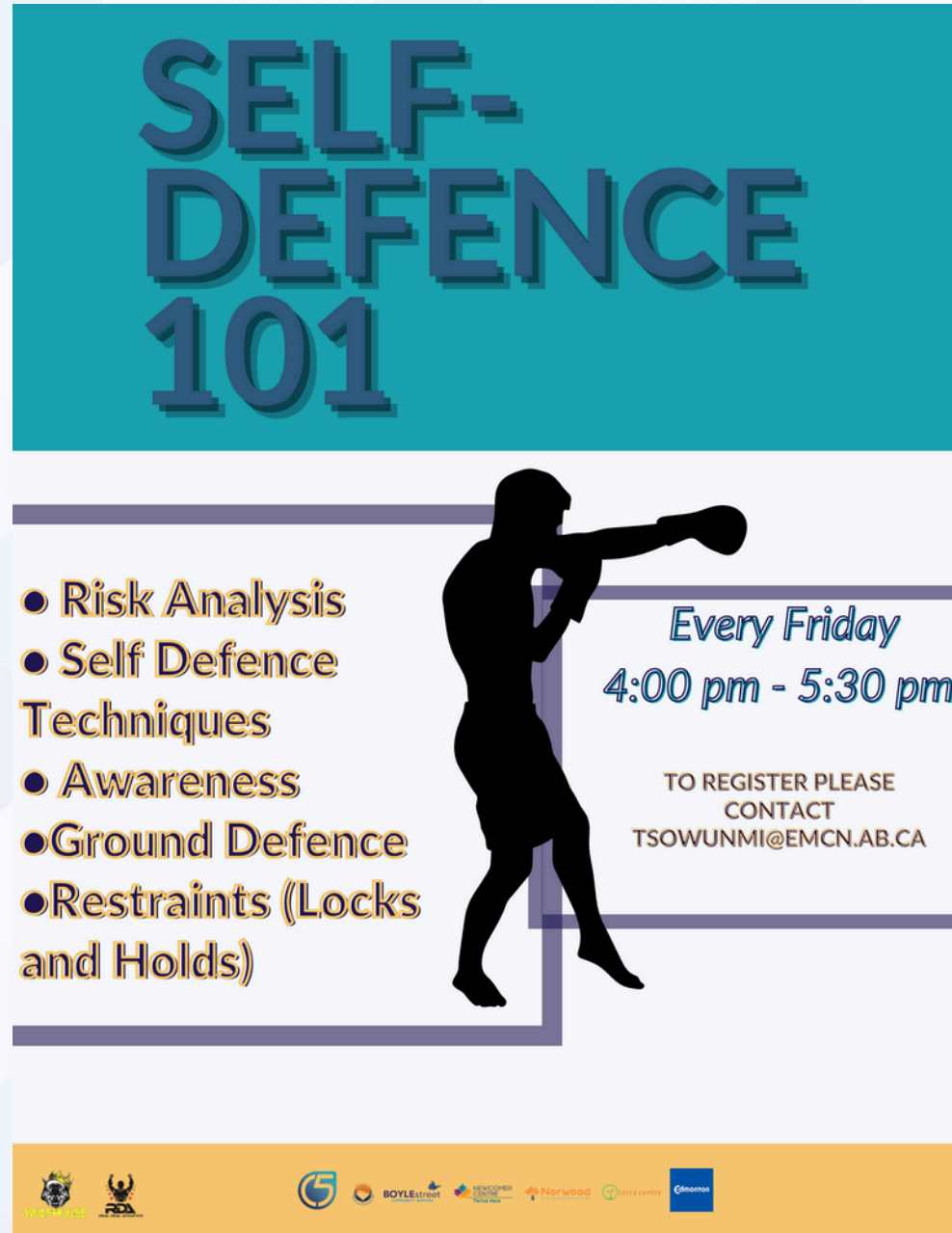
Step By Step Paint Night  
Learn about the 7 Sacred Teachings,  
Turn What you learn into ART

**Youth After School**  
**Program Ages**  
**8-17 years old**



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# Youth After School Programs





**SELF-DEFENCE 101**

- Risk Analysis
- Self Defence Techniques
- Awareness
- Ground Defence
- Restraints (Locks and Holds)

**Every Friday**  
4:00 pm - 5:30 pm

TO REGISTER PLEASE CONTACT  
TSOWUNMI@EMCN.AB.CA



THE CITY OF EDMONTON & C5 FAMILY RESOURCE NETWORK PRESENTS


## FAMILY NIGHT

FAMILIES WITH YOUTH AGES 0-15 YEARS OLD

Join us every Friday at the MP1 Space from 4:00 pm to 5:45 pm for a meal, guided activity/craft, and access to resources and support.

Meal 4:00-4:45 pm  
Guided Activity/Craft 4:45 pm-5:30 pm

For Information on Programming Contact Jasmine Blake  
Jasmine.blake-hayes@bentarrow.ca or visit our website www.C5veg.ca



Attend one of our programs and receive a wrist band for free to access the Clareview Recreation Centre pools, gyms and more! Valid for youth ages 8-17 on weekdays only. Must drop in between 1pm-5:30pm.

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# ECD Programs: Ages 0-6

## C5 Presents Jumping Gym Time



Where: Clareview Recreation Centre- Indoor Playground  
When: Every Wednesday -9:30am- 12:30pm  
Who: Parents with Children Ages 0-5



Join us for our Early Child Development Programs and Parent Education Programs, tailored for families with children between the ages of 0-6.

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# ECD Drop In Ages 0-6

## Family Time

Early Child Development  
Programs Ages 0-5



MONDAY AND  
THURSDAY:  
9:00AM-12:00PM  
TUESDAY, WEDNESDAY,  
AND FRIDAY:  
10:00AM-2:00PM  
LOCATION: CLAREVIEW  
REC CENTR-C5 ECD  
SPACE

PARENTS WITH CHILDREN AGES  
0-5 JOIN US FOR SOME  
EXPLORATION FUN, STORY STOPS,  
MOVEMENT BREAKS, ASQ'S, AND  
MORE

For Information on Programming  
Contact Jasmine Blake  
[Jasmine.blake-hayes@bentarrow.ca](mailto:Jasmine.blake-hayes@bentarrow.ca)



C5 PRESENTS

## PARENT AND TOT SWIM AT CLAREVIEW

**Who: Parents/Guardians with Children Ages 0-6**

**When: Monday, Wednesday, Friday**

**10:00am-2:00pm**

**Location: Clareview Rec Centre Swimming Pool**



For More Information or to Register Check in at our C5 Family  
Resource Network Space 3804 139 avenue Entrance # 3



Join us for our Early Child Development Programs and Parent Education Programs,  
tailored for families and children.

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# Youth Pop Up Events

C5 FRN Programs @ Clareview Recreation Centre (3804 139 Ave.)

## Clareview Youth Nights

Door Prizes, Sports, Games, Trivia, Music & Arts



Scan Q.R. To Register

REGISTER IN-PERSON  
@ C5 CLAREVIEW  
OFFICE & J.D. BRACCO  
SCHOOL

Ages 12 - 18 Years

| May 10, 2024 | June 14, 2024 |

6:00 PM

J.D. Bracco School 3150 139 Ave NW

SNACKS, REFRESHMENTS PROVIDED! MUST  
PROVIDE VALID SCHOOL I.D.

Join Us for A Night Of Adventure  
2nd Friday of Every Month

Time: 6-8pm

Location: J.D Bracco School  
(3150 139 Ave NW)

Ages 12-18years

For more information contact:  
[Daniel.loki@c5edmonton.ca](mailto:Daniel.loki@c5edmonton.ca)



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# C5 Family Resource Network Pop Up Events

## Register for a 6 week Parent Child Cooking Class

April 18th- May 23rd

Time: 4:00 pm-6:30 pm

Location: c5 Hub  
14017 Victoria trail

Ages 5-12 years old

For more information contact:  
[jasmine.blake-hayes@bentarrow.ca](mailto:jasmine.blake-hayes@bentarrow.ca)

C5 PRESENTS  
TAWOW APISCAWASISWIW

### Jr Chefs

**FREE YOUTH AFTER SCHOOL PROGRAM**



**Tuesdays**  
April 16th-May 21st  
4:00 pm-6:30 pm  
Ages 9- 14 years old

A 6-week cooking program for youth to learn kitchen safety and obtain Food and Safety Certification.



**SCAN ME**



**3804- 139 ave**  
**Clareview Recreation Centre**  
For more information, visit [www.c5yeg.ca](http://www.c5yeg.ca)  
or contact [jasmine.blake-hayes@bentarrow.ca](mailto:jasmine.blake-hayes@bentarrow.ca)



C5 PRESENTS  
TAWOW APISCAWASISWIW

### Little Chefs

**FREE PARENT & CHILD PROGRAM**



**Thursdays**  
April 18th- May 23rd  
4:00 pm-6:30 pm  
Ages 5 - 8 years old

A free 6-week cooking program designed to educate young children, and their parents on the basics of kitchen safety.



**SCAN ME**



**14017 Victoria Trail**  
For more information, visit [www.c5yeg.ca](http://www.c5yeg.ca)  
or contact [jasmine.blake-hayes@bentarrow.ca](mailto:jasmine.blake-hayes@bentarrow.ca)



# C5 Family Resource Network Pop Up Events



2024  
**FOOD WORKS**  
YOUTH PROGRAM  
AGES 15-29

EVERY WEDNESDAY  
03/04/2023 - 06/05/2024  
4PM-7PM

LOCATION: C5HUB, 14017 VICTORIA TRAIL NW

10 SPOTS AVAILABLE | 10 IN-PERSON SESSIONS LED BY A CHEF

RBC, Boyle Centre, Norwood, C5 Hub, and other logos are visible at the bottom.

The poster features a background image of a chef and a young person in a kitchen. An inset photo shows three young women in hijabs and aprons preparing food. The text is overlaid on the right side of the poster.

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# May 2024

## Programs and Services @ the C5 Community Hub (14017 Victoria Trail NW, Edmonton, AB)

Monday

Employment Services  
9AM-4PM

Hot Meal  
11AM-12PM

Little Chefs  
4PM-7PM

\*Registered Program

Tuesday

Employment Services  
9AM-4PM

Stay and Play  
10:00AM-12:00PM

Health for Two  
1:30PM-3PM

Wednesday

Employment Services  
9AM-4PM

Hot Meal  
11AM-12PM

Thursday

Employment Services  
9AM-4PM

CIVIDA Housing  
Every 2nd Thursday  
9AM-4PM  
May 2nd, 16th

Friday

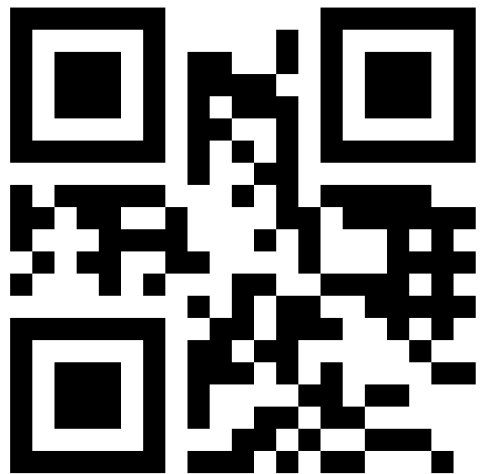
Employment Services  
9AM-4PM

Stay and Play  
10AM-12PM

Soup & Bannock  
11:30AM-1PM  
\*\*\*Every second Friday

Amazing Elders  
1PM-3PM

*Scan me*



Soup & Bannock  
Schedule

May 10  
May 24

# May 2024

## 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



- 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.)

- 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.)