



April Youth & Family Programing

C5 FRN Programs @ 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
YASP-4:00pm-5:30pm
MP1
Ages 8+

Get Coached-
Edmonton Talent
YASP- MP 2 Space
4:30-6:00pm
Ages 12+

Podcast/Media
4:00-5:30pm
Youth ages 11+
5 Konnect Studio

Sports Explorer- Basketball
YASP-GYM 2
3:30pm-5:30pm

Jr Chefs - Registered REC
KITCHEN
4:00pm-7:00pm
11+

WEDNESDAY

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

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

Rhymes that Bind ECD Space
2:00pm-3:00pm

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

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

Fashion StitchLab
Pop Up -4:00PM-5:30PM
Meeting Room B

THURSDAY

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

Youth Zone
YASP- 1:00pm-5:30pm
Kitchen/MP4/Youth Space

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

Indigenous Paint Night
YASP- MP1
4:00pm-5:45pm

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
YASP- MP2
4:00pm-5:00pm
Ages 10+

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

Sports Explorer -
VolleyBall
GYM 2A
3:30pm-5:30pm

Brave Space
Drop In
4:00pm-6:00pm

Office Hours:
Monday- Friday 9-4 pm

April 1- Eater Monday
April 23- St.George's
Day

For more information and To register
for all programs
Visit: www.C5Yeg.ca

Scan me



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

Youth Mentor Opportunities

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

C5 Family Resource Network



BRAVE SPACE

Youth Ages 8-17

Safe Space for Youth
snacks, supports and Resources



Located in the C5 FRN
Youth Drop-In space



PODCAST

TUESDAY
4:00PM - 6:00PM

Clareview Recreation Center
C5 MEDIA SPACE



Edmonton



For more information contact
Daniel.Loki@c5edmonton.ca

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

Youth After School Programs

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

CHESS 101



TUESDAY

4:00PM - 5:30PM

Clareview Recreation Center

C5 MEDIA SPACE



For more information contact
OreOwolabi@c5edmonton.ca



IN PARTNERSHIP WITH



X



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



**SCAN CODE
TO REGISTER**

Supported by: THE LIVE AGENCY

Register:
www.theliveinitiative.ca/get-coached

Get access to Clareview Recreation Center pools, gyms and more! Valid for youth ages 8-17 on weekdays only. Must drop in between 1-5:30pm. Monthly memberships for the after-school youth pass are just \$20/month or drop-in for \$2/day.

Attend one of our programs and receive a wrist band for free.

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Youth After School Programs

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

YOUTH
SPORTS EXPLORER

Clareview Recreation Center
TUESDAY, WEDNESDAY, &
FRIDAY
3:30PM - 5:30PM

Sports include:

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


Team Building and Physical Health!



Edmonton C5
BOYLEstreet
EMCN
Norwood
For more information contact
Daniel.Loki@c5edmonton.ca

5
YOUTH
ZONE

TEAM GAMES PRIZES CHALLENGES



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

Edmonton
BOYLEstreet
terra centre
EMCN
Norwood
For more information contact
Daniel.Loki@c5edmonton.ca




Skillcity In Collaboration with the City of Edmonton
STEMCEL
STEM & CAREER EXPLORATION LAB

@C5, Clareview
Recreation Centre

iRockSTEM

STEM Activities
Academic Support
Project-based Learning

Mon & Wed
3:30 to 5:30 PM



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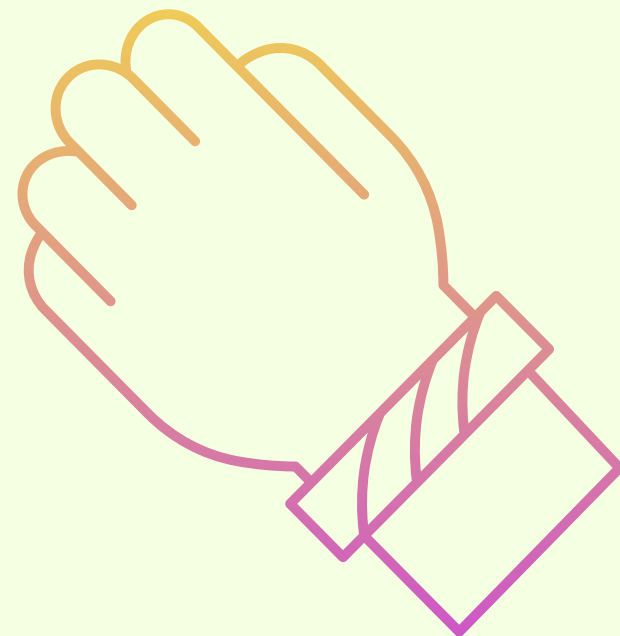
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Youth After School Programs

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

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A poster for an Indigenous Paint Night program. The background is teal with a white geometric pattern of triangles and diamonds. Text is in white and yellow. At the bottom, there is an illustration of a pink jar filled with paintbrushes and pens. The poster is decorated with colorful paint splashes in pink, blue, and orange.

Indigenous Paint Night
Every Thursday
Mpl
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

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

Youth After School Programs

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

The city of Edmonton and C5 Presents

SELF-DEFENCE 101

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

Every Friday
04:00 pm - 05:30 pm

TO REGISTER PLEASE CONTACT
TSOWUNMI@EMCN.AB.CA



THE CITY OF EDMONTON, AND C5 FAMILY RESOURCE NETWORK PRESENT

FAMILY NIGHT


FAMILIES WITH YOUTH AGES 0-15 YEARS OLD PLEASE

Join us Fridays Mp 1 Space
4:00 pm-5:30pm
for a meal, activity, supports, and resources.

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



For Information on Programming Contact Jasmine Blake
Jasmine.blake-hayes@bentarrow.ca or visit our website www.C5yeg.ca



STEM HEROES+


STEM & CAREER EXPLORATION LAB

@ C5, Clareview Rec Centre


Youth After-School Mentoring Program

- ✓ CAREER EXPLORATION
- ✓ GROUP MENTORING
- ✓ STEM CHALLENGES

Thursdays, 3:30 - 5:30 PM



We mentor and inspire students to think creatively, collaborate, and develop STEM skills.



In Collaboration with the City of Edmonton

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ECD Programs Ages 0-6







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



C5 Presents Jumping Gym Time



Where: Clareview Recreation Center- Indoor Playground
When: Every Wednesday -9:30am- 12:30am
Who: Parents with Children Ages 0-6

RHYMES THAT BIND

Every Wednesday 2:00pm-3:00pm
 C5 FRN Early Child Development Space

Activities

- Play Together
- Read children's stories
- Art Class
- Parent and Child Interactions
- Indoor activities

Experience the Benefits of Comming together to creat Community, Safe, fun interactive Program for Parents and Children Ages 0-6

For more information:
jasmine.blake-hayes@bentarrow.ca

Join us for our Early Child Development Programs and Parent Education Programs, tailored for families with children between the ages of 0-5.



ECD Drop In Ages 0-6

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

C5 FRN - EARTHWALK PRESENTS

Family Time

Early Child Development Programs Ages 0-6



TUESDAY 10:00AM-2:00PM
THURSDAY 9:00AM-12:00
FRIDAY 10:00AM-2:00PM



PARENTS WITH CHILDREN AGES 0-6 JOIN US FOR SOME EXPLORATION FUN, STORY STOPS, MOVEMNET BREAKS, ASQ'S, AND MORE

For Information on Programming
Contact Jasmine Blake
Jasmine.blake-hayes@bentarrow.ca




City of Edmonton Recreation centres

C5 PRESENTS

PARENT AND TOT SWIM AT CLAREVIEW

Who: Parents/Guardians with Children Ages 0-7
When: Monday, Wednesday, Friday
10:00am-2:00pm



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 with children between the ages of 0-5.

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

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

|February 9, 2024| March 8, 2024 | April 12, 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 Info Contact Daniel-
Daniel.loki@c5edmonton.ca

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

Earthwalk Pop Up Events

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

C5 PRESENTS
TAWOW APISCAWASISWIW

Jr Chefs

FREE YOUTH
AFTER
SCHOOL
PROGRAM



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
Center

WWW.C5YEG.CA

jasmine.blake-hayes@bentarrow.ca



C5 PRESENTS
TAWOW APISCAWASISWIW

Little Chefs

FREE PARENT
&
CHILD
PROGRAM



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

WWW.C5YEG.CA

jasmine.blake-hayes@bentarrow.ca



Register for Our 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 Info Contact Jasmine-
jasmine.blake-hayes@bentarrow.ca

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C5 FRN Pop Up Events

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

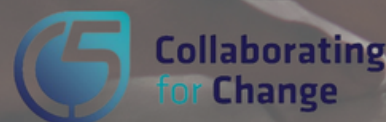
FASHION STITCH LAB

Beginners sewing class

Every Wednesdays From
Feb 7-Apr 24 (12 weeks)

Time- 4:00pm-5:30pm

Location : C5 Office, Clareview
Recreational Center- Meeting
Room B



Our Beginners Sewing Class Continues

February 7th- April 24 th

Time: 4:00 pm-5:30 pm

Location: c5 Hub
14017 Victoria trail

Ages 15+

For more Info Contact Jasmine-
jasmine.blake-hayes@bentarrow.ca

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C5 Family Resource Network Facilitators



Jasmine
C5 FRN Team Lead
Program Facilitator
jasmine.blake-
hayes@bentarrow.ca



Tolu
Youth Outreach Worker
Tsowunmi@emcn.ab.ca

Visit our Website at
www.C5yeg.ca
for more information



Khadra
Parent Educator
khadra.ahmed@bentarrow.ca



Daniel
Youth Outreach Worker
daniel.loki@c5edmonton.ca



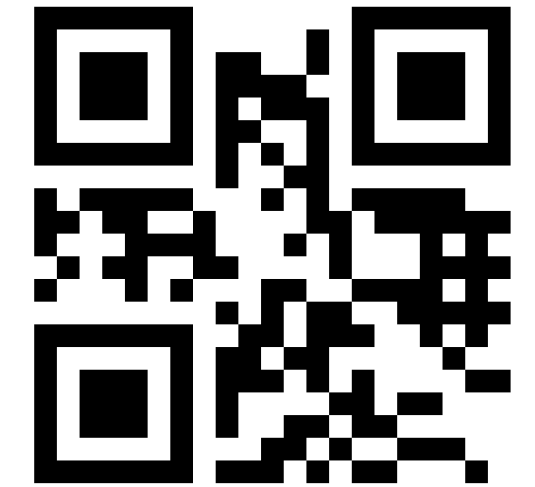
**Collaborating
for Change**



Oreo
Media and Communications
ore.owolabi@c5edmonton.ca

C5 Family Resource Network Partners

Jr Team



**Visit our Website
at www.C5yeg.ca
for more
information**

Anaiyah Corbin-Aleman
Youth Jr Team

Sandra Kase
Youth JR Team

Funke Smith
CEO Skillcity
Stemcel@skillcity.ca
844-633-2060

Mayowa
Get Coached Facilitator
www.theliveinitiative.ca
+1-780-270-7853



April 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
9:30AM-1PM

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
Feb 8th, 22nd

Friday

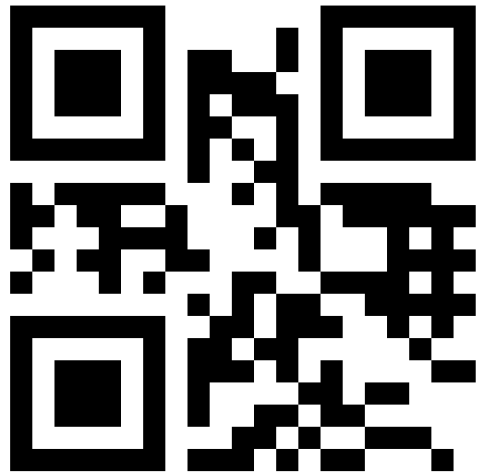
Employment Services
9AM-4PM

Stay and Play
10AM-1PM

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

Amazing Elders
1PM-3PM

Scan me



Soup & Bannock
Schedule

April 12nd
April 26th



April 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



<ul style="list-style-type: none"> • 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.) 	<ul style="list-style-type: none"> • 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.)
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