



# Sessions and Groups Fall 2011

Personal growth and support  
opportunities for people of all ages

Information and Registration:  
780-464-4044  
[www.strathcona.ca/fcs](http://www.strathcona.ca/fcs)

**Strathcona**  
County  
FAMILY &  
COMMUNITY SERVICES

# Children

## Competent Kids - Social Skills

(9 sessions)

Grades 1 to 3

This social skills group for children uses activities, instruction and discussion to encourage positive interactions between children. Focus is on cooperation, making friends, maintaining self - control and helping children recognize their strengths.

Mondays, October 17 to December 12

5 p.m. to 6 p.m.

### **Parent Orientation\***

Wednesday, October 5

6 p.m. to 7 p.m.

## Competent Kids - Social Skills

Grades 4 to 6

Wednesdays, October 19 to December 14

5 p.m. to 6 p.m.

### **Parent Orientation\***

Wednesday, October 5

6 p.m. to 7 p.m.

**\$45**



*\*children are not required to attend parent orientation*

# Children

## Boys Will Be Boys (10 sessions)

This hands - on group for boys age 9 to 13 years explores issues experienced specifically by boys in this age range.

Topics include:

- ▶ cooperation and competition
- ▶ understanding and expressing emotion
- ▶ communication and friendship

Tuesdays, October 11 to December 13  
6 p.m. to 7 p.m.

### **Parent Orientation\***

Tuesday, October 4  
6 p.m. to 7 p.m.

**\$45**



## Girls Friendship Circle (8 Sessions)

This group provides girls age 9 to 13 years an opportunity to interact with other girls and enhance their relationships.

Topics include:

- ▶ pride, empathy and confidence
- ▶ being included and being left out
- ▶ feuds, followers and fairness

Girls will use activities and discussion to explore these topics.

Tuesdays, October 11 to November 29  
6 p.m. to 7 p.m.

### **Parent Orientation\***

Tuesday, October 4  
6 p.m. to 7 p.m.

**\$45**

# Divorce Support

## Parachute Group (10 sessions)

The parachute group provides support to children age 5 - 11 years who are experiencing the effects of a separation and/or 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 and grade 1
- ▶ Level 2: grades 2 and 3
- ▶ Level 3: grades 4, 5 and 6

Thursdays, October 13 to December 15  
6:30 p.m. to 7:30 p.m.

## No Cost

### **Parent and Child Orientation**

Thursday, October 6

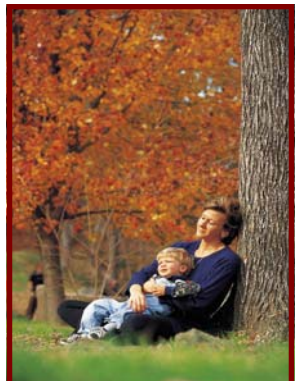
By appointment in 15 minute intervals from  
6 p.m. to 8 p.m.

## Prism Group for Parents (10 sessions)

This group is for parents whose children are attending the parachute group. Information and support that is focused on parenting through divorce and/or separation is provided.

Thursdays, October 13 to December 15  
6:30 p.m. to 7:30 p.m.

## No Cost



# Divorce Support

## Effective Co-Parenting: Putting Kids First

### Parent Information Night



#### **This parent information night will:**

**GIVE INFORMATION** about the needs of parents, children and families coping with separation and divorce.

**PROVIDE STRATEGIES** for more effective and co-operative co-parenting.

**OFFER RESOURCES** and support to manage the issues of separation and/or divorce.

The *Effective Co-Parenting: Putting Kids First* program is an established skill - based program, designed to help parents improve their co-parenting through separation and/or divorce. Emphasis is placed on *putting kids first* to assist children's adjustment to the challenges of separation and/or divorce.

Wednesday, October 12  
7 p.m to 9 p.m.

**\$10**

# Adults

## Relationship Reno - For Couples (2 sessions)

This mini retreat will provide couples with a blueprint for constructing a renewed friendship, tools for building closeness, coaching in how to build a lasting relationship and a special Table for Two with lunch on Saturday.

Friday November 4,  
6:30 p.m. to 8:30 p.m.  
and

Saturday, November 5,  
8:45 a.m. to 4:30 p.m.



\*Location: A. J. Ottewell House, 590 Broadmoor Blvd.

**\$90/couple**

## C.O.M.P.A.S.S. for the Caregiver (Caregiver Orientation for Mobilizing Personal Assets and Strengths for Self-care) (8 sessions + 1 follow up session)

The compass program provides information and support for those who care for family or friends living with challenges due to illness, disability or advancing age.

Topics include:

- ▶ managing stress
- ▶ dealing with guilt
- ▶ knowing your capacities
- ▶ sharing the care
- ▶ the emotional journey
- ▶ putting yourself first

Wednesdays, October 19 to November 30  
10 a.m. to 12 p.m.

**\$45**  
(includes manual)



**Presented by the Alberta Caregivers Association**

# Parenting

## Positive Parenting Course (8 Sessions) Parents of 2 to 12 years



This course is designed to help you:

- ▶ Feel more comfortable in your parenting skills
- ▶ Gain a better understanding of what you can expect for your child's age and stage
- ▶ Plan ahead for difficult situations
- ▶ Develop positive strategies for dealing with misbehavior

Wednesdays, October 19 to December 7  
6 p.m. to 8 p.m.

**\$20**

## Men

### Bring It! Support for Men (10 sessions)

Just for Men: Bring your experiences, challenges and thoughts to this group. Give and get support from other guys. Relationships, communication, personal growth and more. Bring it and we'll talk about it.

Tuesdays, September 20 to November 22  
7 p.m. to 8:30 p.m.

**\$45**



# Registration and Information

## 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 will be held at Strathcona County  
Family and Community Services

#200, 501 Festival Avenue  
(2nd Floor, Community Centre )

\* unless otherwise noted

### **REFUNDS**

Refunds will only be issued if a workshop, session or group is cancelled. No refunds will be made for non-attendance.

### **CANCELLATION**

All courses and groups are subject to minimum enrolment 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.