



BOYS AND GIRLS CLUB OF FORT SASKATCHEWAN

FALL/ WINTER 2020 NEWSLETTER

PROGRAMS FOR CHILDREN AND YOUTH

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Hello Boys and Girls Club Family. We hope you all are staying safe and well. We have been working on a variety of programs and projects for you to participate in virtually and in person. Take a look through this newsletter to find out what we have in store for you.

Annual General Meeting

The Boys and Girls Club of Fort Saskatchewan Annual General Meeting will be held on **Wednesday November 25, 2020 at 6pm**. The meeting is open to the general public, and this year we will be hosting it virtually. If you wish to take part please email execdirector@fsbgc.ca and a link will be forwarded to you.

Raffle Time!

Its Raffle time and we hope you will be able to take part in our "Christmas Cash" Raffle for a chance to win:

\$2,000.00 Christmas Cash (1st prize)
\$500.00 Cash (2nd prize)
\$500.00 Gift Cards (3rd prize).



The draw will take place live at 4:30 pm on December 15, 2020. Tickets are available at both our Main Site and 101 street locations or by calling the B & G Club. Tickets are \$20.00 each. A huge thank you to Entrust for donating the cash raffle prize

Orange Door Project

This December we will be once again partnering with Home Depot and their Orange Door Campaign to raise funds that will support youth life skills and employment programs. If you are asked for a donation at the till and are able to support this fundraising initiative we thank you for your support.



Special Thank You

Thank you to Presidents Choice Children's Charity for helping us to keep our members well fed and full of energy through your support of our healthy breakfast, lunch, and afterschool snack programs!

Christmas Drive Thru Dinner

We are hosting our annual Christmas Event and all our families are invited. This year its with a twist so that we are still capable of following the COVID-19 guidelines to keep our families and staff safe. We are doing a Christmas Family Dinner Drive Thru style on **Thursday December 10th, 2020** at the Fort Saskatchewan Boys & Girls Club Main site. There will be no fee. We will be providing a take home dinner for everyone to enjoy in the convenience of their own home, along with goody bags, an onsite family activity contest & Santa might even make an appearance! Please pay attention to your emails with in the next few days as a survey will be going out to best prepare ourselves and accommodate everyone for this magical evening.

PROGRAMS FOR PARENTS & ADULTS

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Important Dates

November 17 Webinar: Cracking the Code on Adolescence

November 25 Annual General Meeting

December 2 Early Out

December 10 Drive Thru Christmas Dinner

December Break
December 23 - January 5

Holiday Hours
December 23 Regular Program Hrs

December 24 6:00am - 3:00pm

December 25 Closed

December 28 Closed

December 29 Regular Program Hrs

December 30 Regular Program Hrs

December 31 6:00am - 3:00pm

January 1 Closed

January 4 Regular Program Hrs

January 5 Regular Program Hrs

January 6 Early Out

January 9 Interact Club Bottle Drive

January 29 No School Day



PROGRAMS FOR CHILDREN & YOUTH

Interact Club of Fort Saskatchewan

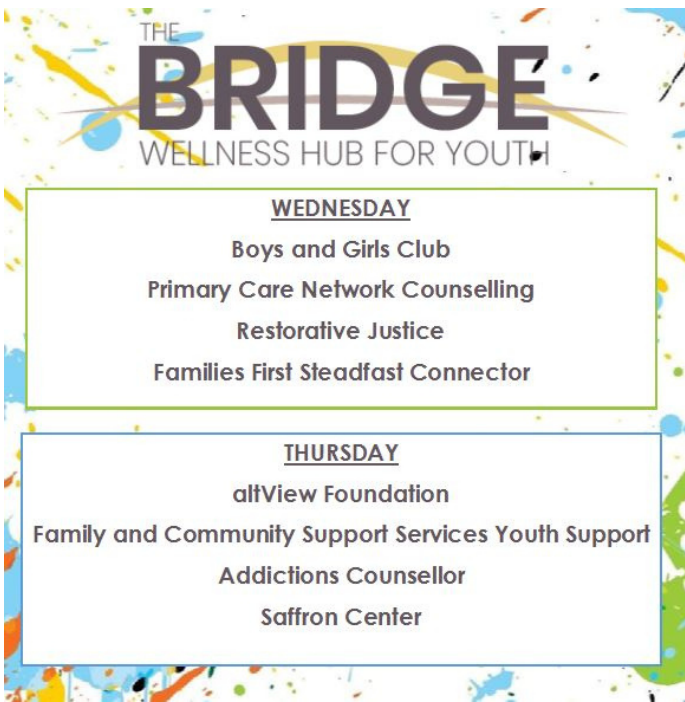
A youth run leadership club for youth 12-17yrs sponsored by the Rotary Club of Fort Saskatchewan in partnership with the Boys and Girls Club. Youth are now meeting every second and fourth Tuesday of the month.

The group will meet online from 4:00pm-5:00pm with the occasional planned in person meeting. Youth are currently working on a "12 days of Christmas Photo Scavenger Hunt" aimed at getting families active during the winter. Watch for more details including prizes! Youth are also hosting a bottle drive on Saturday January 9, 2021 to raise money for thier local and international projects.

Upcoming Meetings:

November 24, 2020, December 8, 2020, December 22, 2020

Contact **fortsaskinteractclub@gmail.com** to get involved.



The Bridge Wellness Hub for Youth

Open

Wednesdays : 2:00pm - 8:00pm

Thursdays: 2:00pm-8:00 pm.

Staff members are on site to connect with youth ages 11-24 and offer support and additional resources that youth may be looking for.

Masks are required at all times on site. Please remember to complete your covid-19 screening assessment before you come to ensure we keep the spread of the corona virus extremely low.

Phone: 780-589-0224

Address: 10307 100ave Suite #2 Fort Saskatchewan

Interact Club

BOTTLE DRIVE

Saturday January 9, 2021

10:00am - 2:00pm

Please drop off bottles to Boys and Girls Club

Parking Lot - 10090 93ave

or call 780-914-6927 for pick up.

All proceeds going towards local and international projects

Project Backpack

Through support from the Boys and Girls Clubs of Canada and President's Choice Children's Charity, the Boys and Girls Club of Fort Saskatchewan is once again able to offer the Project Backpack program!

Project Backpack is designed to assist families facing weekend food insecurity by providing take home food packages that contain food accessible and easy to prepare food. This often includes granola bars, yogurts, fruit and veggies, noodles, and other varieties of kid-friendly and nutritious items! “Backpacks” are discreetly prepared by staff and will be sent home or delivered to families once per week.

If you are interested in finding out more or enrolling your family in this program, please contact Erin at **780-992-0103 ext. 31** or **funddevelopment@fsbgc.ca** or speak with Trina in the Out-of-School Program.



PROGRAMS FOR CHILDREN & YOUTH

Out of School Program

Our Out Of School Programs are making a come back! Each room at main site & 101 street site will have the opportunity to participate in a number of programs Monday thru Friday starting Monday November 23rd, 2020.

Get ready to have fun making a variety of delicious tacos while learning a number of kitchen skills in our **TACO EVERYDAY PROGRAM**! Engage in building different LEGO sculptures while exploring the 7 world wonders in our **LEGO PROGRAM**. Enjoy some creative art projects through discovering famous artists & their techniques in our **EXPRESS YOURSELF ART PROGRAM**. Take a journey into our **YOGAMOTION PROGRAM** melt away the high energy and slowly jump into the stillness well exploring a wide variety of poses that will challenge even the most flexible yogis. Last but not least **FUN FRIDAYS** will offer children and youth a variety of activities to choose from.

If you have any further questions regarding the OSP Program please contact our Children & Family Program Manager Krystal at 780 – 992 – 0103 ex 33

Virtual Programs *New*

Registration Opens: December 2020

Programs Run: January 2021 - March 2021

Virtual Programs will be open for registration mid-December. The programs running will start the beginning of January 2021 and run until the end of March 2021. Each of the virtual programs will be 12 weeks long.

Programs will involve a variety of boys and girls programming that will help children and youth work on a number of skills such as, learning and recognizing emotions and feelings, building self esteem, friendships, social skills, leadership, and hands on skills using a variety of mediums including, art, movement, mindfulness, building creations and coding.

Stay tuned to our Facebook, advertisements from Mix 107.9 and look for posters in schools and community retailers for more details to be announced.

Contact Debra for more information. **780-992-0103 ext 29**



Meet with a Youth Worker

We work hands on and creatively with youth to empower them to make positive and healthy life decision.

Some of these skill building topics include:

- Managing Stress
- Healthy Boundaries
- Positive Communication
- Coping with Feelings
- Conflict/Problem Solving
- Daily Life Skills
- Increasing respect for self and others
- Managing family expectations & Rules

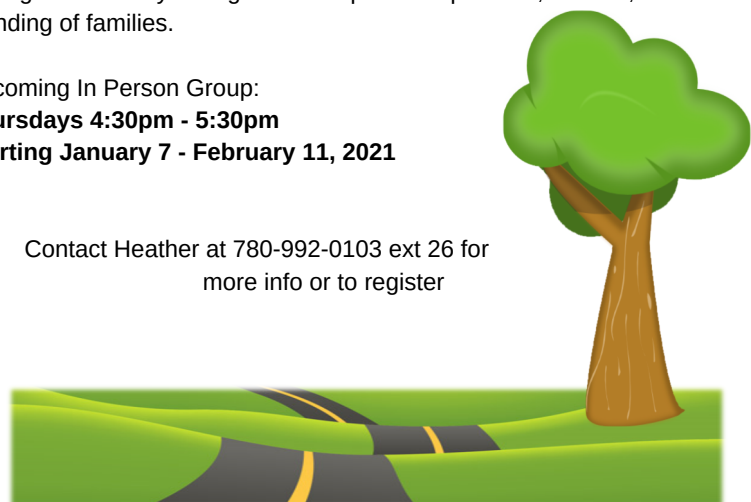
To set up a youth worker for your teen please call 780-992-0103.

Horizon

Peer support group for children 6-12yrs. Focus is on coping with feelings from family change such as parent separation, divorce, blending of families.

Upcoming In Person Group:
Thursdays 4:30pm - 5:30pm
Starting January 7 - February 11, 2021

Contact Heather at 780-992-0103 ext 26 for more info or to register



PROGRAMS FOR PARENTS AND ADULTS

In partnership with Community Adult Learning and Literacy Society we are pleased to present:

Cracking the Code on Adolescence *Webinar*

Tuesday November 17, 2020 7:00pm-8:30pm

Join Jeanette & Laurie from i relate as they discuss:

- Strategies and techniques for trouble shooting common adolescent concerns
- How to keep youth engaged in family life, school and the community
- How to guide teens to use technology safely
- How to strengthen family relationships and work through communication challenges faced between parents and teens



This webinar is suitable for parents, caregivers and professionals who have or work with youth 12-18yrs.

Please use the following link to register:

https://us02web.zoom.us/webinar/register/WN_wXWjFv2FT0WVSt22RnjqQ

Youth and Family Support Program

Youth and Family Support Workers are available to meet with parents/caregivers and their children/youth 6-18yrs to provide support, community resources and referrals for the following:

- addressing behaviour and emotional concerns
- identifying strategies to support overall family wellness
- engaging children and youth in school, community and home life
- helping families advocate for resources and services

A program of the Fort Saskatchewan & Sturgeon Region Family Resource Network. Families from Fort Saskatchewan and Sturgeon Region can self refer. As well, community agencies and professionals can provide a referral to the program.

Call **780-992-0103** to speak with our Youth and Family Support Workers.

Triple P - Positive Parenting Program

Triple P is a parenting program, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making parenting work for you. Triple P helps you: manage misbehavior, set rules and routines, encourage behavior you like and feel confident you're doing the right thing.

For more information/ book an appointment with one of our Youth and Family Support Workers please call **780-992-0103**



The Boys & Girls Club of Fort Saskatchewan would like to welcome Adam Stephens. Adam just recently moved to Fort Saskatchewan with his wife and three children. Adam will be in the role of Youth and Family support worker. Adam started his career with the Boys and Girls Club in Leduc in 2004. Since his time with the Boys and Girls club Adam went on to complete the Child and Youth Care program at MacEwan University.

After Graduation Adam went on to work with Catholic Social Services for thirteen years where he ran three different treatment homes. Adam worked with high risk youth, FSCD families and children with disabilities. Adam has also served in roles with Yellow head youth center, Altacare and McMan working with youth and families.

We look forward to having Adam continue his journey with the Boys & Girls Club.