

2024

February Youth & Family Programing

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



Collaborating
for Change

MONDAY

**Youth Outreach
Employment Life Skills &
Strategies -Offsite
Email Daniel to book an
Appointment**

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-6:00pm
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

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

Norwood- Triple P
Parenting Program -
Meeting Room B/ECD
Space
1:00pm-4:00pm
*Registration Only *

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

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

Photography
Brave Space
Ages 10+
YASP 4:00pm-5:00pm

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 9-4pm

January 25th - March 14th
Tripple P- Norwood Training
Meeting Space B & ECD
1:00pm-4:00pm

Visit<https://www.norwoodcentre.com>
For more Information

Family Night Canceled February 2nd ,

February 6th- Team Meeting Office
opens at 12:00

February 16th All sites closed- Staff
Training

Family Day February 19th - Closed

February 20th- Drop In

February 29th- Teachers
Convention - Open for Drop In

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



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

Youth Mentor Opportunities

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

YOUTH OUTREACH EMPLOYMENT LIFE SKILLS & STRATEGIES

C5 FRN Youth Room

EMAIL TO BOOK AN APPOINTMENT

Join to Learn

- Communication
- Teamwork
- Problem solving
- Resume Building
- Job Search Assistance
- Interview Prep



For more information contact
Daniel.loki@c5edmonton.ca

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



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 COMMUNITY SERVICES EMCN

For more information contact
Daniel.loki@c5edmonton.ca



C5
YOUTH
ZONE

TEAM GAMES PRIZES CHALLENGES

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

Edmonton BOYLEstreet COMMUNITY SERVICES terra centre EMCN Norwood

For more information contact
Daniel.loki@c5edmonton.ca

Skillcity C5 In Collaboration with the City of Edmonton 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

QR code linking to Skillcity

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Youth After School Programs

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

PHOTOGRAPHY REGISTRATION

CLOSES FEBRUARY 14

8 weeks of Learning and Practicing
skills in;
-Photography
-Post production

Photo Exhibition and Prizes to be
won at the end of the program

THURSDAY

4:00PM - 5:30PM

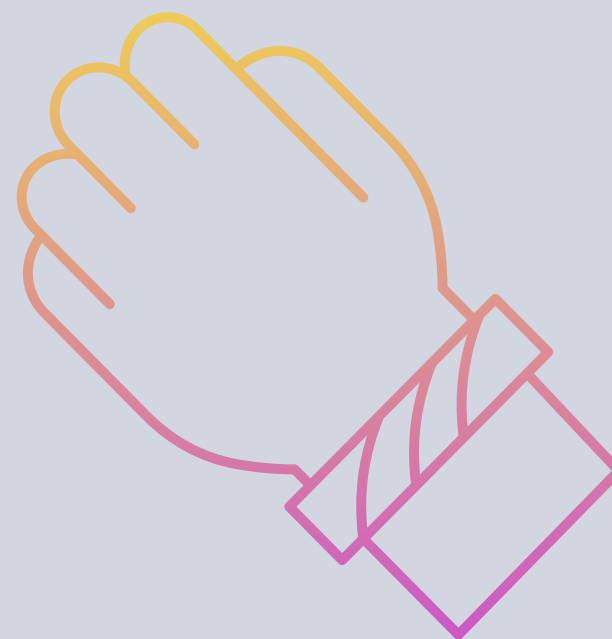
C5 MEDIA SPACE

For Registration contact: Oreowolabi@c5edmonton.ca



For more information contact
Oreowolabi@c5edmonton.ca

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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



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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

Skillcity Institute

STEM CEL
STEM & CAREER EXPLORATION LAB

@ C5, Clareview Rec Centre

STEM HEROES+

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 Coming 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.

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



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

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.)

Registration is
now Closed

Register for Our 6 week Parent Child Cooking Class

February 5th- March 11th

Time: 4:00 pm-7:00 pm

Location: c5 Hub
14017 Victoria trail

Ages 5-12 years old

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



**C5 Presents
TAWOW APISCAWASISWIW
Little Chefs**
cooking class

Every Monday
February 5th- March 11th
4:00pm-7:00pm
C5 Hub
14017 Victoria Trail

Children between the ages of 5 and 12 are welcome to attend our classes. However, it is mandatory for parents to accompany their child to every class.

More Info and to Register Contact
587-336-1726
JASMINE.BLAKE-HAYES@BENTARROW.CA



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C5 FRN Pop Up Events

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

Limited
Spaces
Available

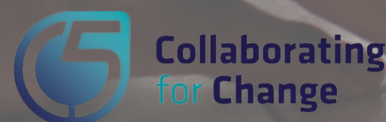
FASHION STITCH LAB

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



Register for Our Beginners Sewing Class

ALL ARE WELCOME

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



ORE
Youth Outreach Worker
ore.owolabi@c5edmonton.ca