

SLCN CFSS PREVENTION



Sturgeon Lake Cree Nation Child & Family Services

FEBRUARY

PREVENTION PROGRAMMING 2025

STURGEON LAKE CREE NATION
CHILD AND FAMILY SERVICES SOCIETY

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ZOOM IDS FOR PROGRAMMING: 928 3060 9711

CHILD INTERVENTION AFTER HOURS 1-800-638-0715

FOR ADDITIONAL INFORMATION ON PROGRAMMING, PLEASE CALL THE PREVENTION TEAM AT 780-552-0633



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2 Autism/ADHD Sharing Circle Must be Registered	3 Bootcamp	4 ARCH Psychological Services 12:00pm Zoom Session Anger Management	5 Bannock Making Zoom Session 7:00pm	6 NIHB Coverage Presentation In-Person 5:30pm SLCN School	7 Screen Time Pt. 1 Zoom Session 12:00pm		8 <i>Post Secondary Day</i> Baby Photos Must be Registered
9 Ribbon Skirts Tot Sizes Must be Registered Self Love Zoom Session 7:00pm	10 Bootcamp	11 Anger Management	12 Thoughts, Emotions & Weight Zoom Session 12:00pm	13 Intro to Baby Sign Zoom Session 12:00pm	14 Screen Time Pt. 2 Zoom Session 12:00pm 		15 Ribbon Skirts & Scrunchie Making Must be Registered
16 Family Swim	17 Happy Family DAS	18	19	20 Storytelling w/ Adrian Lachance Zoom Session 7:00pm	21		22 Mental Health Self Care Youth Must be Registered
23 Tame that Worry Monster Zoom Session 7:00pm	24 Caring for Autism Training for Caregivers Must be Registered Bootcamp	25 Residents in Recovery Zoom Session 7:00pm	26 Studying Tips Zoom Session 7:00pm	27 Sacred Turtle Healing Centre Info Zoom Session 7:00pm	28 Lice Strategies Zoom Session 12:00pm Craft & Recipe Swap Night Must be Registered		

PHONE: 780-552-0633
FAX: 780-552-0704
Child Intervention Services After Hours
1-800-638-0715



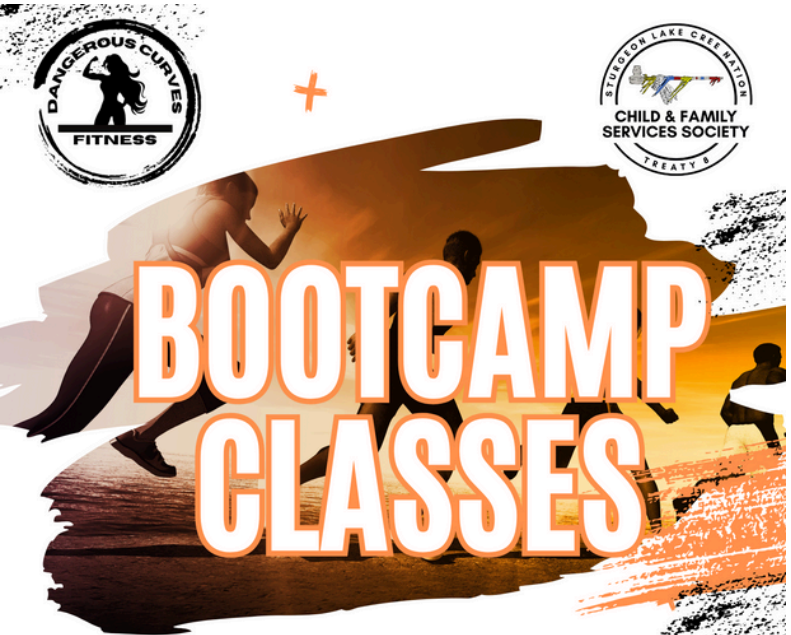
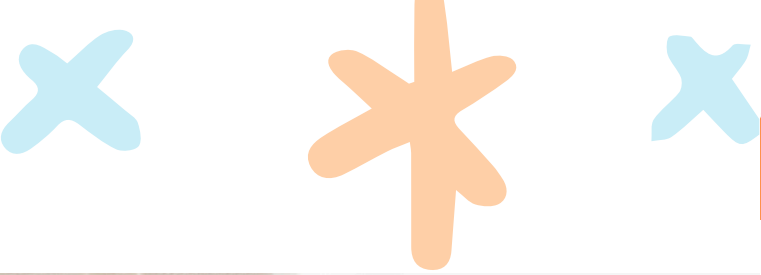


PARENTING KIDS WITH CHALLENGES: SHARING CIRCLE

FOR PARENTS & CAREGIVERS AUTISM/ADHD

In-Person - Sunday February 2, 2025
SLCN CFSS Building - 1:00pm
Must Call to Register 780-552-0633

Honest discussion, some practical ideas, goals, sharing experiences, ideas, stories, concerns, resources, etc.



BOOTCAMP CLASSES

- Yoga Mats Provided
- Resistance Bands Provided
- Each Participant will get a Wellness Booklet to track progress at home
- 2 additional at home workouts per week
- Helpful hints to stay on a healthy track

Starts January 6, 2025

SLCN SCHOOL 7:00PM DAILY
EVERY MONDAY FOR 7 WEEKS!!
Ages 16+
Call to Register 780-552-0633

ARCH  PSYCHOLOGICAL SERVICES

ARCH Psychological Services Information Session

Join us for an information session with ARCH;
Learn about what services they offer!



February 4th, 2025
12:00PM

Zoom ID: 928 3060 9711

Must be Affiliated with SLCN to Participate!

Learn to Make Bannock/Frybread ZOOM SESSION

Feb 5, 2025 - 6:30pm

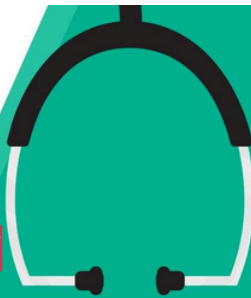
- Learn from Others Each Step
- Session will go from Home to Home
- Come Learn From Others
- Bring a Pen and take Notes!



MEETING ID: 928 3060 9711

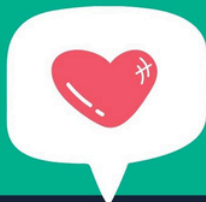


MUST BE AFFILIATED WITH SLCN



PHARMA SAVE

NIHB COVERAGE PRESENTATION



FEBRUARY 6, 2025

5:30PM SUPPER SERVED

6:00PM-7:00PM PRESENTATION

LOCATION: SLCN SCHOOL

COMMUNITY EVENT

YOUR NEXT CHAPTER



FEBRUARY 8, 2025

STURGEON LAKE SCHOOL

10:00 AM - 3:00 PM

DOOR PRIZES | LUNCH | INFORMATION



**What will your next chapter look like?
Come out and ask your questions
about post secondary education, the
application process, and more!**



Screen Time

Are you worried your child is spending a lot of time on screens (phone, tablet, TV)? Have you heard about limiting your child's screen time and you're not sure where to start?

Session 1:

February 7, 2025

12:00PM

Zoom ID: 928 3060 9711



- Why screens are hard to limit
- strategies for how to set or regain balance
- how to adapt strategies for your child's abilities and needs
- Intended for parents and caregivers of children from birth to 10 years.

Must be Affiliated with SLCN to Participate!

Sponsored by SLCN CFSS Prevention with:



0-6 Month Baby

PHOTOSHOOT



February 8, 2025

INDOOR PORTRAITS - SLCN CFSS BUILDING

Photo of baby only

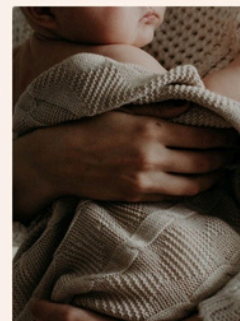
For families in need at no cost

Limited spots available

Selected participants will be contacted prior to photoshoot

Must be affiliated with SLCN to register

Call (780) 552-0633





TOT Sizes (0-5years)

RIBBON SKIRT MAKING

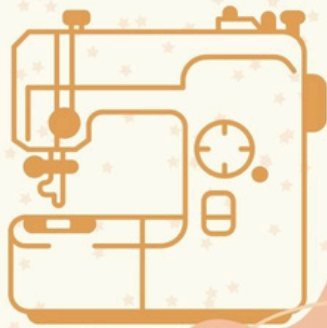
Join us and learn how to make a TOT Size Ribbon Skirt for ages (0-5years).

February 9, 2025

10:00AM

SLCN ISETS BUILDING

Lunch Provided



Limited Spots Available
Call to Register 780-552-0633

Must be Affiliated with SLCN to Participate



BENEFIT OF

Self-Love

February 9, 2025

7:00PM

Zoom ID: 928 3060 9711



HOW TO SET BOUNDARIES, TAKE CARE OF YOURSELF, AND CREATE MORE HARMONY IN YOUR LIFE.

MUST BE AFFILIATED WITH SLCN TO PARTICIPATE

MUST PARTICIPATE IN SESSION TO BE ENTERED TO WIN DOOR PRIZES :)

Thoughts, Emotions & Weight



Learn more about the mental and emotional aspects of weight and weight management.

If you struggle at times with emotional eating, you're not alone. A lot of people eat for reasons other than hunger, like boredom, stress, or even happiness. But there are ways you can break this cycle.



February 12, 2025

12:00PM

Zoom ID: 928 3060 9711

Must be Affiliated with SLCN to Participate!



Intro to Baby Signs

February 13, 2025

12:00pm

Meeting ID: 928 3060 9711

Come join us for an information session on Baby Sign Language!



the use of baby sign programs include an increased parent-child bond and communication, decreased frustration, and improved self-esteem for both the parent and child



Set Balance with Screen Time

Are you worried your child is spending a lot of time on screens (phone, tablet, TV)? Have you heard about limiting your child's screen time and you're not sure where to start?



Session 2:
 February 14th, 2025
 12:00PM
 Zoom ID: 928 3060 9711



In this second session you will learn how to:

- Model balanced and meaningful screen use
- Manage screen time in your child's daily routines and home environment
- Monitor amount of screen time and content for balanced screen use
- This session is appropriate for all parents and caregivers.

Must be Affiliated with SLCN to Participate!

Ribbon Skirt & Scrunchie Making



FEBRUARY 15, 2025
11:00AM-7:00PM
MATERIALS PROVIDED
CALL TO REGISTER
780-552-0633



Must be Affiliated with SLCN to Participate

Family Swim On Us!



February 16, 2025

- ✓ 12:00pm-7:00pm
- ✓ Greenview Multiplex
- ✓ Transportation Provided
- ✓ Free Use of Field House

Free

1 parent/caregiver supervising a maximum of 3 children aged 7 and under and must be in the water within arm's reach. Age 11 and under must have a parent/caregiver in the facility.

Call for Transportation ONLY 780-552-0633

Swimming helps children build physical strength, improve coordination, boost confidence, and develop essential water safety skills while having fun.

STORY TELLING WITH ADRIAN LACHANCE

February 20, 2025
7:00pm

Zoom Session
 Meeting ID: 928 3060 9711

MUST BE AFFILIATED WITH SLCN TO PARTICIPATE
 MUST BE ACTIVE IN SESSION TO BE IN DOOR PRIZE DRAW

- 📖 Benefits of Reading to Your Child
 - Strengthens Bond: Quality time together.
 - Boosts Language Skills: Expands vocabulary.
 - Sparks Imagination: Fuels creativity.
 - Improves Focus: Builds attention span.
 - Encourages Learning: Develops a love for reading.
 - Academic Success: Supports school performance.
- 📖 Read daily – even 10 minutes makes a difference!

CFSS Prevention Presents:



MENTAL HEALTH SELF CARE YOUTH SESSION

Presented by:



**FEBRUARY 22
3:00 PM**

**Location:
Sturgeon Lake School**

Must be a youth (12-17) affiliated with Sturgeon Lake Cree Nation to participate

Door prizes at the end of the session for youth participants

Call to register: 780-552-0633



PARENTING TIPS

TAME THAT WORRY MONSTER

How to teach your kids about anxiety

February 23, 2025
7:00pm
Zoom Session
Meeting ID: 928 3060 9711

Must be Affiliated with SLCN to Participate



Zoom Information Session

Residents in Recovery

Individual Sober Living & Family Treatment



**February 25, 2025
7:00 PM**

Zoom ID: 928 3060 9711

Residents in Recovery Society is a licensed residential addiction treatment service provider for all services offered in Alberta. They offer programs for sober living for males and females as well as single parent & family sober living.

Come and learn about the offered supports and programs, how to apply and ask questions!

Must be affiliated with SLCN to participate

Active participation during the session is required to be added to the draw

Autism Training for Caregivers and Family

Of Children with Autism

Come for the afternoon of learning, sharing and building up a community of support and care for a family in need.

This will be a chance to learn more about Autism in particular, brainstorming on ways to possibly help out, ask questions that you may have and begin to build a support network for this family.

February 24, 2025

10:00AM

SLCN Community Hall

Call to Register

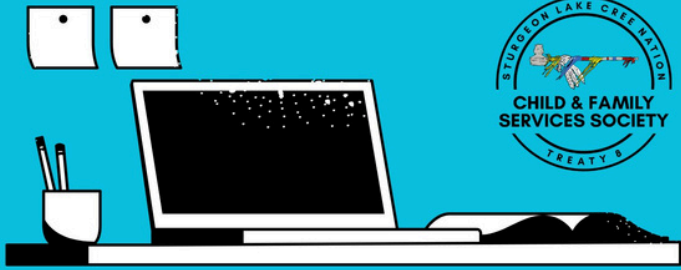
780-552-0633



**C. Moore
IN EDUCATION**



Must be Affiliated with SLCN to Participate!

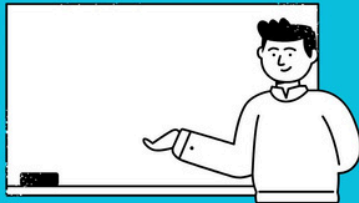


How to study effectively

For youth ages: 12-25 years old

February 26
@ 7:00PM

Zoom ID:
928 3060 9711



Study Tips You Will Learn:

- Setting studying goals
- Planning your study breaks
- Having your study materials ready
- Making a quiet place to study
- Avoiding interruptions

Must be Affiliated with SLCN to Participate!



Sacred Turtle Healing Centre

Our facilitators use knowledge and beliefs that incorporate Indigenous healing and wellness through a lived experience lens. These approaches use ceremonies, medicines, hands – on techniques, art, music and laughter.

Join us for a Zoom Session to Learn About:

- What types of programs are offered
- Overview of the Program
- Admission requirements

February 27, 2025
7:00PM
Zoom ID:
928 3060 9711

Active Participation
is Required to be
Entered in the Door
Prize Draw

*Must be Affiliated with SLCN to
Participate!*

LICE PREVENTION INFORMATION SESSION



Join us for a lunch & learn session on how to prevent head lice and Learn some tips & tricks on how to treat hair.

February 28, 2025
12:00PM
Zoom ID:
928 3060 9711

Must be Affiliated with Sturgeon Lake Cree Nation to Participate

Craft & Recipe Swap Night



February 28, 2025
5:30pm-8:30pm

**Supper Provided and Good Times!
Call to Register 780-552-0633**



Must be Affiliated with SLCN To Participate

**SELECTED PARTICIPANTS WILL BE CONTACTED
PRIOR TO EVENT**