

# SLCN CFSS PREVENTION



JULY  
2024



Sturgeon Lake Cree Nation Child & Family Services



JULY 2024

## Prevention PROGRAMMING



SUN	MON	TUE	WED	THU	FRI	SAT
ZOOM SESSIONS IN BLUE	1 <b>CLOSED FOR CANADA DAY</b> 	2 Relationship Series Boundaries AHS 12:00pm Zoom	3	4 Relationship Series Communication AHS 12:00pm Zoom	5	6
7	8 Fighting & Bullying Community Hall In-Person YOUTH 1:00pm-2:30pm Effective Communication 7:00pm Zoom Session	9 Relationship Series Building Trust AHS 12:00pm Zoom	10 FNTN Services 12:00pm Zoom Gender and Sexual Diversity 5:30pm -Community Hall In-Person North Reach	11 Relationship Series Relationship with Self AHS 12:00pm Zoom	12	13 Regalia Making Ages 6-12 Must be Registered
14 Regalia Making Ages 6-12 Must be Registered	15 Co-operative Parenting In-Person Must be Registered 10:00am	16 Co-operative Parenting In-Person Must be Registered 10:00am	17	18 Harm Reduction 5:30pm -Community Hall In-Person North Reach	19	20
21	22 Class 7 Learner's Study Group Northwest Aurora Must Be Registered SL Community Hall 9:00am-4:00pm	23 Class 7 Learner's Study Group Northwest Aurora Must Be Registered SL Community Hall 9:00am-4:00pm	24 Class 7 Learner's Study Group Northwest Aurora Must Be Registered SL School 4:00pm-8:30pm	25 Class 7 Learner's Study Group Northwest Aurora Must Be Registered SL School 4:00pm-8:30pm	26	27 Regalia Making Ages 0-5 Must be Registered
28 Regalia Making Ages 0-5 Must be Registered	29 When Consequences Don't Work 7:00pm Zoom Session Families Matter	30 Social Fun Groups Neurodivergent Children Ages 6-9 and 9-12 Must be Registered	31	1	For Questions or Concerns, Please contact Prevention at 780-552-0633	



PHONE: 780-552-0633

FAX: 780-552-0704

Child Intervention Services After Hours

1-800-638-0715

# Relationship Series

ZOOM ID: 977 0730 8137



**JULY 2ND, 2024**

12:00Pm - 1:00PM  
BOUNDARIES



**JULY 4TH, 2024**

12:00pm-1:00pm  
COMMUNICATION



**JULY 9TH, 2024**

12:00PM-1:00pm  
BUILDING TRUST



**JULY 11TH, 2024**

12:00PM-1:00PM  
RELATIONSHIP WITH SELF

Must be Affiliated with Sturgeon Lake Cree Nation to Participate

# Anti-Bullying & Fighting



# JULY 8

1:00 PM -2:30 PM

# STURGEON LAKE COMMUNITY HALL



Open to youth 12-17  
affiliated with Sturgeon Lake Cree Nation

Snacks provided!

Door prizes to be won!

Questions? Contact Heather Hamelin  
(780) 559-9368

**Sturgeon Lake Cree Nation Child & Family Services Society**

**Families Matter**  
Learn • Play • Love

# Effective Communication

Join us online to discuss ideas around the impact on communication of words, tone, body language, the importance of listening, and the delivery of clear messages needed for cooperation within families!

**July 8th, 2024**  
**7:00PM - 8:00PM**  
**Zoom ID:**  
**977 0730 8137**

Must be affiliated with Sturgeon Lake Cree Nation to Participate

## FIRST NATIONS TECHNICAL SERVICES ADVISORY GROUP



July 10, 2024

12:00pm

Zoom ID:

977 0730 8137



- About TSAG and FNTN
- Services offered at FNTN
- How to Request and Register for a session
- What to expect during a telehealth session
- How to subscribe to our network
- Hopes and goals for the future
- Resources
- And some time for Q&A

MUST BE AFFILIATED WITH STURGEON LAKE CREE NATION TO PARTICIPATE!



# GENDER & SEXUAL DIVERSITY WORKSHOP

Sturgeon Lake Community Hall

July 10, 2028

5:30pm-7:00pm

Open to Community Members

*Gender and Sexual Diversity presentation will focus on biological sex, gender identity, gender expression and sexual orientation.*



BE PROUD OF WHO YOU ARE



Cooperative Parenting and Divorce



# COOPERATIVE PARENTING & DIVORCE

July 15 & 16, 2024  
10:00am-3:00pm  
DAILY  
2-Day Workshop  
Sturgeon Lake Community Hall

### What You Will Learn:

Making the Commitment to Caring, Allowing My Child to Love Both, Changing My Long Term Role, Choosing My Personal Path, Managing My Own Anger, Taking Control of Conflict, Negotiating Agreement, Co-Parenting Is Forever

**Please Register at 780-552-0633**  
**Limited Spots Available**  
**Certificate of Completion**  
**Completion Incentive!**

*Ask us about childcare while you attend!*



# REGALIA MAKING

FOR AGES 6-12 SIZES

July 13 & 14, 2024

Sturgeon Lake School

10:00am-5:00pm

Parents/Caregivers MUST REGISTER

780-552-0633

Limited Spots Available

Names Picked on Random Wheel if Limit Exceeds

Must be Affiliated with Sturgeon Lake Cree Nation to Participate



# SUBSTANCE USE & HARM REDUCTION

July 18, 2024

5:30pm-7:00pm

Sturgeon Lake Community Hall

DOOR PRIZES

### TOPICS:

What is a drug?

Process of Addiction

Categories of Substances Impact of Health and Choice

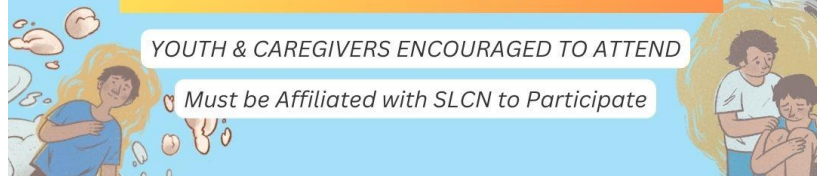
Naloxone and Harm Reduction

Affects on babies and pregnancy.

LIGHT SNACKS

YOUTH & CAREGIVERS ENCOURAGED TO ATTEND

Must be Affiliated with SLCN to Participate





# CLASS 7 KNOWLEDGE TEST PREP COURSES

SESSION 1 - JULY 22 & 23, 2024

9:00am-4:00pm Daily  
Lunch & Snack Provided  
SLCN Community Hall

SESSION 2 - JULY 24 & 25, 2024

4:00pm-8:30pm Daily  
Snacks Provided  
SLCN School

Study the "Driver's guide : Cars and Light trucks"  
Review Sample Questions  
Learn About the Laws and Rules of the Road  
Complete Practice Knowledge Tests

**CALL 780-552-0633 TO REGISTER**  
**LIMITED SPACE AVAILABLE**  
**DUE TO A HIGH VOLUME OF INTEREST**  
**THERE WILL BE A WAITLIST PLEASE SPECIFY**  
**WHICH DATES YOU WOULD LIKE TO ATTEND**

C. Moore  
IN EDUCATION



## SOCIAL SKILLS FUN GROUP FOR NEURODIVERGENT CHILDREN

Learn important social skills such as:

- How to engage with small groups
- Some regulation skills (co and self) - sensory needs taken into consideration
- Game playing/friendship skills
- Having fun and just enjoying yourself!
- Have a chance to meet some new friends in a safe & supportive environment while still having fun

**July 30, 2024**  
**Sturgeon Lake School Gym**  
*Awesome Incentives to be Won!*

Group 1:  
Ages 6-9 years old  
4:00PM-6:00PM

Group 2:  
Ages 9-12 years old  
6:15PM-8:15PM

**Register with Nicole: 780-558-9376**



# REGALIA MAKING

FOR AGES 0-5 SIZES  
July 27 & 28, 2024  
Sturgeon Lake School  
10:00am-5:00pm

Parents/Caregivers **MUST REGISTER**

780-552-0633

Limited Spots Available

**Names Picked on Random Wheel if Limit Exceeds**

Must be Affiliated with Sturgeon Lake Cree Nation to Participate



## WHEN CONSEQUENCES DON'T WORK

ZOOM SESSION

July 29, 2024  
7:00pm

Meeting ID: 977 0730 8137

*In this session, we will look at the difference between logical & natural consequences, discuss why some consequences don't work and consider some positive re-enforcers to encourage acceptable behaviour that work at different ages.*



Must be affiliated with Sturgeon Lake Cree Nation to Participate