

# PREVENTION

STURGEON LAKE CREE NATION  
CHILD AND FAMILY SERVICES SOCIETY



## SLCN CFSS Prevention Programming



# SEPTEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 <b>Back to School Haircuts Must be Registered</b>	02 <b>Back to School Haircuts Must be Registered</b> <i>Office Closed Labour Day</i>	03	04	05 <b>Managing Stress</b> 12:00pm AHS Zoom Session	06	07
08	09 <b>Communication in Relationships</b> 7:00pm Reconnect Counselling Zoom Session	10 <b>Home Alone for YOUTH</b> 7:00pm GP Safe Zoom Session	11 <b>Managing Stress</b> 12:00pm AHS Zoom Session	12 <b>Words to Help Calm A Child</b> 7:00pm Prevention Zoom Session	13	14
15	16 <b>Sensory Processing Pt. 1</b> 12:00pm AHS Zoom Session	17 <b>Navigating Court</b> In-Person 11:00am SLCN Community Hall	18 <b>Social Skills Group</b> In-Person Must be Registered	19 <b>How to Use Visuals</b> 7:00pm C.Moore Zoom Session	20	21
22	23 <b>Sensory Processing Pt. 2</b> 12:00pm AHS Zoom Session	24 <b>Mental Health &amp; Self-Care for YOUTH</b> In-Person 6:30pm Location TBA	25 <b>Getting Started With Weight Management</b> 12:00pm AHS Zoom Session	26 <b>Men's Anger Management</b> In-Person Must be Registered	27	28
	30 <i>Truth &amp; Reconciliation Day</i>	01	02	03	04	05
<p>Please Contact the Prevention Team at 780-552-0633 if you have any Questions or Concerns Meeting ID for all Zoom Sessions: Meeting ID: 977 0730 8137</p>						



**Contact us!**

**PHONE: 780-552-0633**

**FAX: 780-552-0704**

**Child Intervention Services After Hours**

**1-800-638-0715**

# Prevention Programming

SEPTEMBER 5, 2024 – MANAGING STRESS PART 1  
12:00PM ZOOM SESSION  
Meeting ID: 977 0730 8137



Many things can cause stress. It can stem from your job, health, a conflict of belief, or major life change.

Learning how to reduce or prevent stress can help you manage chronic conditions and improve mental health. It can also reduce your risk of developing a range of disorders such as hypertension, type 2 diabetes, obesity and irritable bowel syndrome.

SEPTEMBER 9, 2024 – Communication in Relationships  
7:00PM Zoom Session  
Meeting ID: 977 0730 8137



Learn what patterns lead to communication breakdown

- Communicate your feelings and needs so you can feel heard and understood
- Introduction to how to be a great listener
- Info on the topics, including exercises for you and your partner to do, will be provided to anyone interested in working on these skills at home!

SEPTEMBER 10, 2024 – Home Alone for YOUTH  
7:00PM Zoom Session  
Meeting ID: 977 0730 8137



Being home alone can be intimidating! Log on and learn some tips on how to be safe and confident alone at home!

SEPTEMBER 11, 2024 – MANAGING STRESS PART 2  
12:00PM ZOOM SESSION  
Meeting ID: 977 0730 8137



# Prevention Programming

**SEPTEMBER 12, 2024 – Words to Calm a Child**  
**7:00PM ZOOM SESSION**  
**Meeting ID: 977 0730 8137**



When children are experiencing big emotions, they often need us to step in and help them to calm the torrential storm. When a child feels safe with you, they are able to lower their defenses and truly give voice to the feelings inside.

**SEPTEMBER 16, 2024 – Sensory Processing Part 1**  
**12:00PM ZOOM SESSION**  
**Meeting ID: 977 0730 8137**



Your child feels sensations from their body and what's around them (see, feel, hear, touch, and smell).

They use these to make sense of their world and how to act or respond.

They also like and dislike certain sensations which affects their actions and emotions.

**SEPTEMBER 17, 2024 – Navigating Family Court**  
**In-Person Session**  
**11:00am Sturgeon Lake Community Hall**

- Guardianship
- Resolution Services & Programs
- Dispute Resolution

**SEPTEMBER 18, 2024 – Social Skills Group**  
**In-Person Session**  
**More Details TBA**

For Neurodivergent Children

Learn how to engage with small Groups, Regulation Skills, Game Playing, Friendship Skills, Have a Chance to meet new friends in a safe and supportive space.

# Prevention Programming

SEPTEMBER 19, 2024 – How to Use Visuals  
7:00PM ZOOM SESSION  
Meeting ID: 977 0730 8137

C. MOORE  
IN EDUCATION

Using visuals assists children in knowing exactly what is expected of them or what is about to happen. Visuals also create opportunities for children to make choices, make requests, comment and be active communicators.

SEPTEMBER 23, 2024 – Sensory Processing Part 2  
12:00PM ZOOM SESSION  
Meeting ID: 977 0730 8137



Your child feels sensations from their body and what's around them (see, feel, hear, touch, and smell).  
They use these to make sense of their world and how to act or respond.  
They also like and dislike certain sensations which affects their actions and emotions.

SEPTEMBER 24, 2024 – Mental Health and Selfcare for YOUTH  
1in-Person Session  
Location and Time TBA

I matter



SEPTEMBER 25, 2024 – Getting Started with Weight Management  
112:00pm Zoom Session  
Meeting ID: 977 0730 8137



- Factors that contribute
- When weight puts us at risk
- Realistic expectations
- Treatment options



# Prevention Programming

CFSS Prevention Presents:

## **MEN'S ANGER MANAGEMENT SERIES**

Facilitated by: David Smith

**SESSION 1:**

SEPTEMBER 26, 2024

**SESSION 2:**

OCTOBER 3, 2024

**SESSION 3:**

OCTOBER 10, 2024

**SESSION 4:**

OCTOBER 17, 2024

**SESSION 5:**

OCTOBER 24, 2024

**SESSION 6:**

OCTOBER 30, 2024



**LOCATION: REUNIFICATION HOME**

**SUPPER PROVIDED! DOOR PRIZES AT EVERY SESSION!  
COMPLETION INCENTIVE FOR THOSE WHO RECEIVE  
CERTIFICATE AT THE END OF THE SERIES**

**LEARN WAYS ON HOW TO MANAGE ANGER IN  
THIS 6 WEEK CERTIFIED COURSE  
OPEN TO MEN 18+ AFFILIATED WITH  
STURGEON LAKE CREE NATION  
LIMITED SPOTS!**

**MUST REGISTER TO ATTEND!**

**TO REGISTER PLEASE CALL: (780) 552-0633**

**NATIONAL DAY FOR  
TRUTH AND  
RECONCILIATION**

**EVERY  
CHILD  
MATTERS**