



YOUTH

Program Guide



January–March 2024

Kikosewin Family Resource Network



Kikosewin : the act of being with family.

The Hub is for all family members to grow together. We believe in the importance of “Family” and that children and youth are safe, healthy, and nurtured by their parents or caregivers as children are a gift from the creator and should be treated as such.

Kikosewin’s Hub offers an array of services, support, and programming for children, youth and families in the three core areas of child development and well-being, caregiver capacity building (by creating parenting opportunities and experiences to strengthen parenting abilities), and social connections and supports.

- **The Family Resource Centre:** Offers child development (4 to 12 years of age) and parent education programs with cultural and non cultural content for children, youth, and families to attend in a fun learning environment.
- **Home Visitation:** Provides in home one-on-one support for parents with a focus on children from birth to 12 years of age. Home visitors will provide information, parenting tips and support to help parents achieve their goals to be the best parents they can be.
- **Dads Engagement and Men’s Support Groups:** These programs focus on engaging men, and supporting dads in the community.
- **Relentless Connectors:** Aims to reduce the need for intervention by Children’s Services by meeting the needs of families dealing with multiple struggles. The worker works with the families on parent identified goals and supports them to be the best parents they can be.
- **Youth Services:** This work focuses on relationship building but will evolve around the youth’s needs and goals. Additionally, this program also works on engaging youth with group and hub-based programs.

Connect with one of our staff to learn more about our programs or what we have to offer. For the purposes of this guide, all of our Youth Services between January and March 2024 are outlined. Check out www.bentarrow.ca or email kikosewin@bentarrow.ca for more information.

Central Edmonton

PROGRAM OVERVIEW

TWEEN QUEST@ BENT ARROW

**Bi-Weekly Thursdays January 11 & 25, February 8 & 22,
March 7 & 21 || 4:00-5:30pm Ages 8-12**

Experience an exciting adventure in the realm of tabletop games. Enhance your abilities in timeless board games, enchanting card games, and games of skill - along with a multitude of other options. Discover the traditional indigenous games enjoyed by peers of your age group - because fun is boundless! Snacks will be provided for attendees. Kindly register to attend. The program is designed for families with children aged 8 to 12 years old.

GUITAR LESSONS @ ALLARD HALL

Weekly Thursdays Jan 11 - June 6 || 4-5pm Ages 13-17

Are you a youth aged 12-17 who dreams of playing the guitar like a pro? Then we have great news for you! The Sarah McLachlan School of Music is offering free weekly group guitar lessons, and you're invited! During these lessons, you'll learn everything you need to know about guitar playing, from tuning to strumming, notes, and chords, and even playing some songs! The best part? These lessons are open to all skill levels and abilities, so whether you're a beginner or an experienced player, you'll fit right in. But hurry, spaces are limited, so registration is required. Transportation from our Bent Arrow location to the Sarah McLachlan School available.



CONTACT

MADISON RUTHERFORD

Early Child Development Worker
Kikosewin Family Resource
Centre
madison.rutherford@bentarrow.ca

**Call 780-481-3451
to register**

Main Site Address
1st Floor, Bent Arrow
(Parkdale School)
11648 85 St NW
Edmonton, AB, T5B 3E5

Central Edmonton

PROGRAM OVERVIEW

TOONIE SWIM @ EASTGLEN LEISURE CENTRE

Friday, January 12 || 7:00-9:00pm Ages 13-17

Are you looking for a refreshing way to meet new people and enjoy the water? Join us at Eastglen pool for a fun-filled afternoon of swimming. For just \$2, you can dive into the pool and make new friends. Don't miss out on this chance to connect with others while splashing in the water. Call now to register, and we will cover your fee. We look forward to seeing you there!

TENANT EMPOWERMENT COURSE @ BENT ARROW

Tuesday, January 16 || 4:30-7:30pm Ages 13-17

Don't miss out on the opportunity to take charge of your housing future! Join us and start building the knowledge and skills you need to become a great tenant. Upon completion, you will receive a comprehensive handbook and a certificate. Plus, we'll provide snacks to keep you energized throughout the session. Grab this chance to empower yourself and get ahead in your housing journey!

SKI & SNOWBOARD LESSONS @ SUNRIDGE

Weekly Wednesdays Feb 7 - Mar 27 || 5-6pm Ages 13-17

We are excited to announce that our friends at the Sunridge Ski Chalet are offering FREE weekly group skiing or snowboarding lessons for youth aged 13-17. Whether you are a beginner or an experienced skier/snowboarder, this program is open to all skill levels and abilities. However, spaces are limited, so make sure to sign up early to secure your spot. Don't miss out on this opportunity to learn and have fun on the slopes!



CONTACT

KAITLIN BANKS

Youth Engagement Worker
Kikosewin Youth Spoke
kaitlin.banks@bentarrow.ca

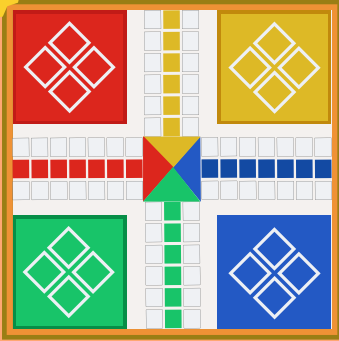
**Call 780-481-3451
to register**

Main Site Address

1st Floor, Bent Arrow
(Parkdale School)
11648 85 St NW
Edmonton, AB, T5B 3E5

FREE

Tween
Ages
8-12 years



Kikosewin Family Resource
Network A Program With
Bent Arrow Proudly
Presents:

TWEEN QUEST

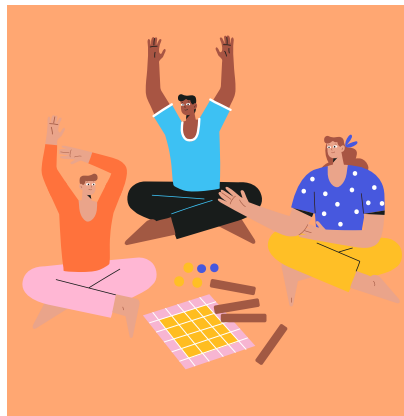


**THURSDAYS
4PM-5:30PM**

**JANUARY 11
JANUARY 25**

**FEBRUARY 8
FEBRUARY 22**

**MARCH 7
MARCH 21**



Types of Games:

Classic Board Games

Card Games

Competitive Games

PROGRAM ROOM-BENT ARROW

11648-85 Street NW,
Edmonton, AB

TO REGISTER CALL 780-481-3451

**SNACKS AND
JUICE / WATER
WILL BE
PROVIDED**



FREE

YOUTH
Ages 13-17

**BENT ARROW'S KIKOSEWIN FRN &
SARAH MCLACHLAN SCHOOL OF MUSIC
PRESENT:**



Group Guitar Lessons



BEGINNER - INTERMEDIATE

WEEKLY THURSDAYS

4:00-5:00PM

**ALLARD HALL:
11110 104 AVE NW**

*TRANSPORTATION AVAILABLE
FROM BENT ARROW
GUITARS PROVIDED*

**REGISTER TODAY
CALL 780-235-3958**

**JANUARY 11, 18, 25
FEBRUARY 1, 8, 15, 22, 29**

MARCH 7, 14, 21

APRIL 4, 11, 18, 25

MAY 2, 9, 16, 23, 30

CONCERT IN JUNE



FREE

YOUTH
Ages 13-17

Bent Arrow's Kikosewin FRN Presents:

Toonie Swim

Friday, January 12, 2024
7:00pm - 9:00pm

@ Eastglen Leisure Centre || 11410 68 St NW

Connect with some new friends while connecting with water! Join us at Eastglen pool for a swim!

Register now to have your \$2 admission covered!
Call 780-235-3958



FREE

****LIMITED SPACES
AVAILABLE****

YOUTH
Ages 13-17

Bent Arrow's Kikosewin FRN Presents:

Tenant Empowerment Course

**Tuesday, January 16, 2024
4:30pm - 7:30pm**

**@ Bent Arrow - Room 1
11648 85 St NW**

Start building the knowledge and skills you'll need to help you find and keep housing, and become a great tenant! Participants will receive a handbook and a certificate; Snacks will be provided.

**Registration Required:
Call 780-235-3958**



Edmonton

FREE

****LIMITED SKI &
SNOWBOARD SPACES
AVAILABLE****

YOUTH
Ages 13-17

Bent Arrow's Kikosewin FRN Presents:

Ski & Snowboard Lessons

Weekly Wednesdays

5:00pm - 6:00pm

February 7 - March 27, 2024

@ Sunridge Ski Area || 10980 - 17 St NW

****TRANSPORTATION AVAILABLE FROM BENT ARROW****

**Get outside and hit the slopes this winter!
Join us for group lessons and learn to how to ski or
snowboard! Equipment rentals will be provided.**

Registration Required!

Call 780-235-3958



St. Albert

PROGRAM OVERVIEW

GRIZZLY SUPPER CLUB @ ST ALBERT COMMUNITY VILLAGE

Monday January 22, February 4 & 19, March 4 & 18
4:30-6:00pm Ages 13-17

Come and join us for a unique culinary experience where you will have the opportunity to cook Indigenous-influenced dishes as part of a team. Each session is not only an opportunity to learn new culinary skills but also to share and enjoy your mouth-watering creations family-style. Whether you're an experienced cook or a novice in the kitchen, everyone is welcome to join us. However, don't wait too long, be sure to register soon to secure your spot!

TUESDAY DROP IN @ FURTHER EDUCATION IN ST. ALBERT MALL

Every Tuesday, January 9 - March 26
3:30 - 5:00 pm, Ages 13-17 yrs

Experience fun and friendships with this new drop-in program! Join us for exciting board games, challenging puzzles, enriching indigenous teachings, and engaging crafts. Satisfy your taste buds with delicious snacks while you come and go as you, please. Don't miss this opportunity to have a great time and make unforgettable memories!

DUNGEONS AND DRAGONS @ THE DONWTOWN ST. ALBERT LIBRARY

February 14 - March 27, 2nd and 4th Wednesday of the month
4:00 - 5:30 pm, Ages 13-17 yrs

Are you excited about exploring the captivating world of storytelling and oral traditions? Join us on an epic adventure through time as we embark on a series of one-shot campaigns that will leave you with unforgettable tales to tell. We'll delve deep into the world of Dungeons and Dragons, granting you the chance to experience epic quests like never before. Whether you're an experienced storyteller or a beginner, we welcome you to join us. Everyone is encouraged to participate, regardless of skill level, but registration is required to secure your spot. You can join us at any point.



CONTACT

EVAN ARMSTRONG

Youth Engagement Worker
St. Albert Spoke

Email

evan.armstrong@bentarrow.ca
587-337-8969

Main Site Address

St Albert
Community Village
50 Bellerose Dr, St Albert
AB T8N 5C9

Bent Arrows Kikosewin FRN Presents

TUESDAY DROP IN

FREE

YOUTH

Ages 13 - 17

January 9th - March 26

Every Tuesday

3:00 - 4:30 PM

St. Albert Further Education

St. Albert Centre by Hudson's Bay



BOARD GAMES

PUZZLES

CRAFTS

SNACKS

For more info, Call 780-481-3451



**St. Albert Family
Resource Centre**
GROWING STRONG TOGETHER

Bent Arrow Kikosewin FRN Presents

GRIZZLY SUPPER CLUB

YOUTH

Ages 13 - 17

FREE

January 22 - March 18
First and Third Monday
of the Month
4:30 - 6:00 PM

St. Albert Community Village



Come cook together in community!
All skill levels welcome!

For more info, Call 780-481-3451



**St. Albert Family
Resource Centre**
GROWING STRONG TOGETHER

Bent Arrow's Kikosewin FRN Presents

Dungeons & Dragons

FREE

YOUTH

Ages 13 - 17



February 14 - March 27
2nd and 4th Wednesday of
the month
4:00 - 5:30 PM

St. Albert Public Library

JOIN IN AT ANY POINT

BEGINNER FRIENDLY

ALL SKILL LEVELS WELCOME

For more info, Call 780-481-3451



**St. Albert Family
Resource Centre**
GROWING STRONG TOGETHER