



Boys & Girls Clubs



Big Brothers Big Sisters



Edmonton & Area
Child & Family Services Region 6



Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area

Parent Talk

Fall 2011



Parent Talk is a peer support program that offers parents the support, tools and information to more effectively parent their children and teens.

Parent Talk provides a safe place for parents to come together and share common concerns and issues around parenting.

With the guide of a facilitator, parents can explore solutions and strategies for effective parenting as well as gain valuable insights through sharing of personal experiences with other group members.

For information or to register, please contact Jennie Newton at 780.801.0936 or jnewton@bgce.ca

Programs & Services

- Professionally facilitated support groups for parents of children of all ages
- Parenting enhancement workshops, classes, support groups and 1:1 coaching
- Free childcare and light meals for participants in most groups
- Services offered at a variety of times and locations throughout the city
- Gain parenting skills for raising healthy and responsible children
- Get support from other parents who can relate to your experiences

Parent Empowerment Groups

All Parent Empowerment Groups are drop in and do not require registration. All programs are free and many have free child care available.

Parent Talk I

This parent group is offered weekly on Wednesdays at Southgate Alliance Church (3916 107 Street) from 1 to 3pm. Free child care is available.

Parent Talk II

This parent group is offered weekly on Fridays at the Kinsmen Boys & Girls Club (14707 88A Street) from 10am to 12 Noon. Free child care is available.

Youngstown Parent Group

This parent group is offered bi-weekly on Thursdays at Youngstown's tenant centre (110, 16604 102A Avenue) from 10am to 12 Noon.

Health for Two

Are you an expectant parent? Join us each Monday at the West Boys & Girls (16030 104 Avenue) from 1-3pm for prenatal information, referrals and resources available throughout pregnancy.

Teen Time

This is a free drop in parent group offered bi-weekly on Thursdays from 1-3pm and is available only to pregnant and parenting teens in the BGCBigs Turning Points program.

Parent Enhancement Workshops

Back 2 Basics: Parenting 101

This 4-day program is designed for parents dealing with extra judicial sanctions or family court issues such as apprehension and transition of children back into the family home. There are a variety of topics covered, including: Safety & Money 101, self care, stress/anger management, healthy relationship education, drug & alcohol awareness, aboriginal teachings and sexual health education. This workshop includes hands on, interactive, life skill based learning for parents and their children.

WHEN: September 26-29 and November 21-24, 10am to 3pm

WHERE: West Boys & Girls Club, 16030 104 Avenue

Family Violence Workshop

This 2-day workshop is designed for parents dealing with abuse or violence in the family and will include learning around what defines violence and abuse. Also included is discussion on the results of violence in the family and how it directly and indirectly effects children. Learn how to create a safety plan and what resources are available in your community.

WHEN: September 19-20 and November 28-29, 10am to 3pm

WHERE: West Boys & Girls Club, 16030 104 Avenue

All programs are free of charge
and free child care is available.

Healthy Relationships

This 3 hour workshop includes learning around what defines a relationship as healthy or unhealthy. How can one work at keeping the relationship healthy and what are the steps to get out of an unhealthy relationship. Learn how an unhealthy relationship can affect your child or teen.

WHEN: September 6, October 18, November 7 or December 15, 10am to 1pm

WHERE: West Boys & Girls Club, 16030 104 Avenue

Managing Anger

This 3-hour workshop includes discussion on what defines anger. Is your anger healthy or unhealthy? What are your physical and emotional symptoms? Understand your triggers and learn strategies to efficiently manage anger.

WHEN: September 21, October 12, November 2 or December 14, 9am to 12pm

WHERE: West Boys & Girls Club, 16030 104 Avenue

Toxic Parenting

This 3-hour workshop is all about communicating with your kids. Identify the signs that your relationship with your children may be toxic and how this affects your family. Learn some techniques for effective communication.

WHEN: September 8, October 27, November 17 or December 8, 10am to 1pm

WHERE: West Boys & Girls Club, 16030 104 Avenue

Stress Management and Self Care

Everyone has a certain amount of stress in their lives. Are you coping in a healthy way? Managing stress is all about taking charge and in this 3 hour workshop, we'll look at how to reduce, prevent and cope with stress.

WHEN: October 13 or November 1, 10am-1pm

WHERE: West Boys & Girls Club, 16030 104 Avenue

Let's Talk About Sex

Talking about sexuality with your child can be a challenge. This unique workshop for parents and teens is in two parts. The first covers basic sexual health education for kids aged 12-17. The second part will assist parents in educating their children and teens about sexual health and development. We will explore ages and stages and the appropriate times and means to discuss sex with your kids.

WHEN: October 3 or December 6, 4:30-7:30pm

WHERE: West Boys & Girls Club, 16030 104 Avenue

To register, please contact Jennie Newton at
780.801.0936 or jnewton@bgce.ca.