



Boys & Girls Clubs
of Edmonton

Parent Talk

SPRING

PROGRAMS



What is Parent Talk?

- ◆ 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.

Programs and Services

For more
information or to
register contact
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Parent Talk
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- ◆ 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 know how it feels to cope with life’s challenges.

Parent Empowerment Groups

Parent Talk I - Free drop in parent group offered weekly on Wednesday's at Southgate Alliance Church (3916-107 St) 1-3pm. Free Child Care is available.

Padres Hablamos 'Let's Talk' - Free drop in parent group offered in Spanish. Focus on Immigration 101 & Raising Children in a new culture. Starts April 26th and will continue weekly on Tuesday's at the West Boys and Girls Club (16030-104 Ave) 10am – 12pm. Free Child Care is available.

Youngstown Parent Group - Free drop in parent group offered bi-weekly on Thursday's at Youngstown's tenant centre (#110, 16604-102A Ave) 10am -12pm.

Parent Talk II - Free drop in parent group. Starts May 6th and will continue weekly on Friday's at Kinsmen Boys and Girls Club (14707-88A St.) 10am - 12pm. Free Child Care is available.

Teen Time - Free drop in parent group offered bi-weekly on Thursday's from 1-3pm. This is a closed group offered to pregnant and parenting teens in the Turning Point's Program.

Health for Two –Free drop in group for expecting parents. Offers prenatal information, referrals and resources to at risk women during their pregnancy. Offered weekly on Monday's at the West Boys and Girls Club (16030-104 Ave) 1-3pm.

All Parent Empowerment Groups are drop in and require no registration. All programs are free and most have free Child Care spots!!

Parent Enhancement Workshops

Back 2 Basics: Parenting 101 - This is a four day parenting program designed for those parents dealing with extra judicial sanctions or family court issues such as apprehensions and transition of children back into the family home. There are a variety of topics covered such as; safety & money 101, self care, stress/anger management, healthy relationship education, drug & alcohol awareness, as well as aboriginal teachings and sexual health education. This workshop includes hands on, interactive life skill based learning for parents and their children. Free Child Care is available.

Spring classes are Monday through Thursday's April 11 - 14th & June 6 - 9th from 10am - 3pm. This program is offered at the West Boys and Girls Club (16030-104th Ave).

- **To register please call 780-801-0936**

Family Violence Workshop - This is a 2 day workshop designed for those parents dealing with abuse or violence in the family. This workshop includes learning around what defines violence and abuse. The repercussions of violence in the family and how it affects children directly and indirectly. How to create a safety plan and what resources are available in your community.

Spring classes are available April 18th/19th & June 20th/27th from 10am - 3pm. This workshop is offered at the McCauley Boys and Girls Club (9425-109A Ave).

- **To register please call 780-801-0936**

Healthy Relationships and Parenting - This 3 hour workshop includes learning around what defines a relationship as healthy or unhealthy? What are the different signs and how does it influence your child? How can you work on keeping a relationship healthy and steps to get out of a unhealthy relationship. How to create a healthy relationship with your child/teen.

Spring workshops available April 4th, May 16th, June 13th from 10am - 1pm. This workshop is offered at the West Boys and Girls Club (16030-104th Ave).

- **To register please call 780-801-0936**

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call
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or
email
jnewton@bgce.ca**

**Please visit our
website
[http://
boysandgirls.ab.ca/
c5/programs/
parent_talk/](http://boysandgirls.ab.ca/c5/programs/parent_talk/)**

Parent Enhancement Workshops

Managing Anger - This 3 hour workshop includes learning around what defines anger. Is your anger healthy or unhealthy? What are your physical and emotional symptoms? Learning your triggers as well as strategies to manage your anger effectively.

Spring workshops available April 20th, May 18th & June 22nd from 9am - 12pm. This workshop is offered at the West Boys and Girls Club (16030-104th Ave).

- **To register please call 780-801-0936**

Toxic Parenting - This 3 hour workshop will help teach effective strategies in regards to communicating with your children and teens. What are some signs that the relationship between parents and children are toxic. How does this effect the development of your child or teen?

Spring workshop available May 9th from 10am - 1pm. This workshop is offered at the West Boys and Girls Club (16030-104th Ave).

- **To register please call 780-801-0936**

Parenting & Fetal Alcohol Spectrum Disorder - This informative 3 hour workshop includes: Defining FASD? What can you do to prevent FASD? Strategies around raising a child with FASD and where to go to find support.

Spring workshop available May 30th from 10am - 1pm. This workshop is offered at the West Boys and Girls Club (16030-104th Ave).

- **To register please call 780-801-0936**

Parent Talk is funded by:



Edmonton & Area
Child & Family Services Region 6



Alberta Health Services
Capital Health