

## YOUTH CENTRE & SERVICES

### **Stony Plain FCSS Youth Centre (SPYC)**

#### **Stony Plain Youth Centre**

4902 – 51 Avenue, Stony Plain, AB

Phone: 780-968-3846 Fax: 780-968-3987

Email: [spyc@shaw.ca](mailto:spyc@shaw.ca)

[www.spyc.ca](http://www.spyc.ca)



#### **Youth Drop In Hours:**

Monday to Wednesday (2:00 pm – 6:00 pm)

Thursday (2:00 pm – 8:00 pm)

Friday (2:00 pm – 9:00 pm)

#### **General Office Hours:**

Monday to Wednesday (11:00 am – 6:00 pm)

Thursday (11:00 am – 8:00 pm)

Friday (2:00 pm – 9:00 pm)

**Like us Facebook!**



**SPYC** is a safe place for youth ages 11-17 in our community. Youth can learn new skills, meet new people or just hang out. The Youth Centre is supervised by qualified staff and volunteers.

The programs and activities offered at SPYC are facilitated by professionals with the appropriate expertise or by Youth Centre staff and volunteers. Most programs are offered free of charge.

Daily interaction with those who access the Youth Centre allow staff first hand knowledge of the needs of the young residents of Stony Plain and the greater Parkland area. SPYC staff are always looking for great, new program options as specific needs are identified.

# YOUTH CENTRE & SERVICES

## Youth Centre Activities

See website ([spyc.ca](http://spyc.ca)) for our monthly calendar of events

- ⇒ Concession
- ⇒ Karaoke
- ⇒ X Box
- ⇒ Air Hockey
- ⇒ Basketball Court
- ⇒ Snooker
- ⇒ Computers
- ⇒ Free Wi-Fi
- ⇒ Weekly Activities
- ⇒ Summer Youth Volunteer Program

## Youth Services Supervisor

Are you looking for other youth programs or services? Contact the Youth Services Supervisor at 780-968-3846.



## Stony Plain Youth Team (SPYT)

SPYT is a diverse, youth-driven group dedicated to promoting personal growth through community leadership, exchange of ideas and inspirational acts.

If you are interested in assisting with community projects and events the Stony Plain Youth Team is for you. Check our website or call the Youth Centre for more information.

***“Volunteers have heart and time  
to make the community really shine!”***

***SPYT (Stony Plain Youth Team)***

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## Bredin Learning Centre – Worksource Program

### **Looking for employment or to develop some career skills?**

Come meet with a Bredin team member to explore work related topics. Topics may include: job searches, resume writing, cover letters, interview skills that build confidence, samples of interview questions, questions to ask during an interview and also how to network and improve soft skills to impress potential employers with your attitude and behavior. Bring your questions and be ready to have some fun too!

**Tuesdays: October 1 or December 3**

4:00 pm – 6:00 pm

Stony Plain Youth Centre

4902 – 51 Avenue

*Free, Drop-ins welcome*

## Rooney & Punyi Ukulele Workshop

Join Rooney & Punyi Productions at the SPYC to learn the basics of playing a ukulele. Instruments are provided for each participant but you may bring your own if you wish.

**September 10, 11, 12, 13**

4:00 pm – 5:00 pm

Stony Plain Youth Centre

4902 – 51 Avenue, Stony Plain

*Free*

**To register: 780-968-3846**

*Sponsored by Blueberry Bluegrass & Country Music Society*

## Healthy Together

A six week journey to health designed to provide participants with information, skills and experiences to support them in making healthy food choices. Each session includes cooking a healthy meal together.

**Mondays, September 16 to October 28 (except October 14)**

**OR**

**Mondays, November 4 to December 16 (except November 11)**

4:00 pm – 5:30 pm

Stony Plain FCSS Youth Centre

4902 – 51 Avenue, Stony Plain

*Free*

**To register: 780-968-3846**

Facilitated by Alberta Parenting for the Future (APFA)

# YOUTH CENTRE & SERVICES

## At Home Alone + First Aid

This course is a combination of KidProof's At Home Alone and Emergency First Aid. An interactive four hour program designed to teach children ages 10 to 13 their rights and responsibilities when left at home alone for short durations. The First Aid portion will teach safe options for dealing with emergencies as well as basic First Aid skills. Students will learn their legal and moral obligations and safe practices when presented with emergency situations.

**Saturdays, September 21 or October 19**

10:00 am – 2:00 pm

Stony Plain Youth Centre

4902 – 51 Avenue, Stony Plain

*Cost: \$55/youth (subsidy available)*

**To register: 780-968-3846**

## Red Cross Babysitting Course

This course is designed for youth 11 years and up who want to become a babysitter or may already be one. This course covers the responsibilities of a babysitter, safety tips for children of all ages, basic child care skills and what to do in case of an emergency.

**Saturdays, September 28 or October 26**

9:00 am – 4:00 pm

Stony Plain Youth Centre

4902 – 51 Avenue, Stony Plain

*Cost: \$60/person (subsidy available)*

**To register: 780-968-3846**

Facilitated by Sarah Dewhurst

## Collaborative Communication Series

Four sessions designed to provide participants with information and skills to support them in effective and positive communication.

Week 1: Understanding anger

Week 2: Setting boundaries

Week 3: Listening skills

Week 4: Respectful assertiveness

**Wednesdays, October 2, 9, 16, 23**

4:30 pm – 6:00 pm

Stony Plain FCSS Youth Centre

4902 – 51 Avenue, Stony Plain

*Free*

**To register: 780-968-3846**

Facilitated by Jaemi Bertrand of Laurier Mediation

# YOUTH CENTRE & SERVICES

## The Gear

The Gear is a six-week program that provides youth with the opportunity to develop tangible skills and build positive relationships while working on bicycles. The program is based on a mentorship model where volunteers and staff work alongside youth to repair bikes which have been donated by the community.

**Thursdays: October 10 to November 14**

6:00 pm – 8:00 pm

Stony Plain Youth Centre

4902 – 51 Avenue

*Free*

**To register: 780-968-3846**

## The Gear - Drop-In Workshop

In addition to the formal weekly registered programming, the Gear strives to be a hub for bike activity in Stony Plain. Youth are welcome to bring in and work on their own bikes under the guidance of staff during drop-in shop hours. If youth do not have a bike they are welcome to come and learn by disassembling some of the bikes in the shop.

**The 2nd and 4th Fridays of each month beginning September 13th**

4:00 pm – 7:00 pm

Stony Plain Youth Centre

4902 – 51 Avenue

*Free, Drop-ins welcome*

## BILY (Because I Love You) Support Group

BILY is a nationwide network of parents who meet weekly. People who are struggling with issues occurring within their homes, and/or within their lives. The group works with parents who have children of all ages. Groups are run by parents who have worked through the BILY program and have been successful with it.

**Ongoing: Tuesdays**

7:00 pm – 9:00 pm

Stony Plain FCSS Youth Centre

4902 – 51 Avenue, Stony Plain

*Free*

**To register: 780-245-2459**