

## **Child and Youth Engagement**

#### Provincial Family Resource Networks

Provincial Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18.

Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community supports and resources, improving child and youth development, building resiliency and fostering well-being.

For more information contact our local FRN at Family First Society 780-998-5595 or www.familiesfirstsociety.ca

### Home Alone Safety Program

This program provides interactive safety training for youth ages 10+ twice per year. This program prepares our youth for the all-important step of being home alone. Being home alone can be an uncomfortable and unsafe situation without some basic skills. Those safety, first aid, and comfort skills are covered in this course through interactive games and role playing.

Let's work to keep our children safe and confident!

### **Babysitting Safety Course**

This course is designed for responsible adolescents of 11.5 years and up who want to become a babysitter. Gibbons FCSS offers two Babysitting Safety courses per year-one in the spring and one in the fall.

The Babysitting Safety course covers the responsibilities of a babysitter, safety tips for children of all ages,

Feeding and diapering babies, basic childcare skills, and what to do in case of an emergency. Basic first aid is also covered, choking, cuts, burns, etc. Each student will receive a Red Cross Babysitter's course manual, and a completion card.

### <u>Gibbons Summer Programs</u>

Summer programs provide various experiences that support social and physical growth during July and August. A variety of free and paid programs such as field trips, sports, arts, crafts, and games will be provided for children who live in our community. Registration takes place in mid-June and can be found at www.gibbons.ca





### Agrium Youth Centre (AYC)

The Gibbons Agrium Youth Centre exists to provide a free structured and non-structured programs, social opportunities, craft, and game table activities for youth in grades 5 and up. The hours and days vary throughout the year but will be posted on the Gibbons Youth Facebook page. The youth centre is a drop-in program where the youth are free to come and go, however, they are required to sign in and out of the program. The AYC is responsible for youth only during the time they are inside the centre.

Registration and parent consent are required to attend the program. Youth will be allowed to have one free visit but will not be allowed to return until completed registration and parent consent forms are returned.

### Fostering Leadership in Youth (FLY)

The FLY program is a great opportunity for youth ages 12-17 to gain leadership experience, communication skills and develop their resume through volunteering in our community. The program runs full-time throughout the summer months and needed during the school year.

All FLY volunteers are asked to commit to a minimum of 25 hours over the course of the summer. These hours are made up of a combination of theme days, field trips, and special events.

Applications are available at the beginning of June and will be posted on the Gibbons Youth Facebook page.

#### Senior

### Income Tax Program

Seniors, low income individuals, or people living on social assistance can get their taxes done free through the Gibbons FCSS Income Tax program. This program runs between beginning of March and the end of April.

### Seniors Week and BBQ

Join us for many fun activities offered the first week of June to celebrate our Senior Community. Activities range from social, recreation, information and referral and entertaining activities. Most of these events are free for adults over the age of 55 years. Seniors week events will be posted in May.

## Seniors Almost Christmas Dinner

For more then 3 decades the Town of Gibbons and FCSS have hosted the Seniors Almost Christmas Dinner for local adults age 55+. This event takes place the second last Friday in November each year at the Gibbons Cultural Centre. A full Christmas dinner buffet and live music are provided for a minimal charge. Tickets go on sale at the beginning of October.





### **Snow Angel**

Snow Angels is an awareness and recognition program encouraging residents of Gibbons to help a neighbour in need by shovelling their snow and to acknowledge those who volunteer their time. Residents are encouraged to report snow angel sightings to Gibbons FCSS, so that they can be publicly recognized.

### Walking Group

Walking is one of best exercises older adults can do for their balance, cardiovascular health, and weight loss. As people get older, many find it difficult to maintain a healthy exercise routine and need more social interaction.

Gibbons FCSS provides seniors a place to come receive instruction, support, social interaction, and a safe indoor walking environment. Registration is required and a minimal fee is charged.

### Gibbons Twilight Club

The Gibbon's Twilight Club is a community hub for people 50+ who are looking to expand their horizons through conversation, recreation, and new experiences.

### **Seniors Transportation**

Gibbons provides seniors transportation provides shopping trips twice a month to Fort Saskatchewan and weekly pick ups for coffee time at the Twilight Club.

### **Family Event Programming**

Gibbons provides a variety of opportunities in the community for families to come together and engage as a family unit, connect with other families, and learn about resources and supports

- Family Day Event
- Pink Shirt Day
- Easter Event
- Mental Health Week Events
- Pride Week Events
- Neighbour Day
- Canada Day
- Pioneer Days
- Truth and Reconciliation Day
- Home Town Weekend
- Block Parties
- Day of the Child Event





# **Volunteer Engagement**

Volunteers help create a strong, engaged, connected and resilient community.

Gibbons FCSS recruits, trains, recognizes and brings awareness to volunteerism in out community.

### Information and Referral, Supports and Resources

The Gibbons Family Resource Centre help provide people with accurate and relevant information, referrals, and resources, and supports them in connecting to the resources they need.

#### **Other Services**

### **Adult Literacy**

Sturgeon Adult Literacy provides a free confidential service of one-on-one tutoring for adults who wish to improve their literacy skills. They can help you improve basic skills such as: financial literacy, computer skills, English language learning, community kitchens.

The Literacy program is always looking for volunteer tutors and will provide in-house training and materials.

Meals on Wheels

**WECAN Foodbasket Program** 

**Tools for School** 

**Free Winter Coats** 

Food Bank

