

**Western Cree Tribal Council
Child, Youth and Family Enhancement**



Prevention Programming December 2022

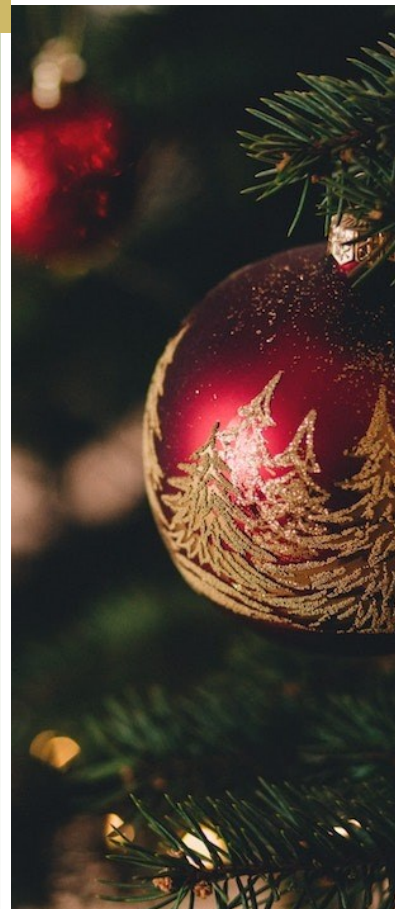
LUNCH TALKS

December 2, 2022
Mother's Lunch Chat
December 5, 2022
Words to Calm Your
Child
December 12, 2022
Importance of Sleep

IN-PERSON SESSIONS

Youth Christmas Crafts
Parent and Child -
Gingerbread House
Making
Active Parenting in
Horse Lake First Nation

Learn in the comfort of
your own space while
attending our online Zoom
Sessions. Take a look!



Home Office:
780-524-5978

Sub-Office:
780-532-3009
Fax: 780-524-2898

WEBSITE:
www.westerncree.ca

**CHILD
INTERVENTION SERVICES**



AFTER HOURS

1-800-638-0715



DECEMBER 2022

CYFE PREVENTION PROGRAMMING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4	5 Words to Calm Your Child 12:00pm CYFE Prevention	6 Autism 101 C. Moore in Education 7:00pm	7 Healthy Youth Relationship Craft HLFN 7:00pm <i>In Person</i>	8 Gingerbread House Making HLFN 5:00pm-7:00pm <i>In Person</i>	9 Mother's Lunch Chat 12:00pm CYFE Prevention	10 Youth Christmas Craft HLFN
11 Gingerbread House Making SLCN 5:00pm-7:00pm	12 Importance of Sleep 12:00pm C. Moore in Education	13 Navigating Pre-Teen Dating 7:00pm C. Moore in Education	14 Regulating Emotions for Youth 7:00pm RC-SP	15 Gingerbread House Making DFN 5:00pm-7:00pm <i>In Person</i>	16 The Power of Play 12:00pm CYFE Prevention	17
18 Bannock Making Session (Zoom) 6:00pm	19 Good Mind Medicine for Men 7:00pm Adrian L.	20 Healthy Relationships GP Odyssey House 5:30pm	21 Youth Online Game Night 7:00pm	22 Morning Connections with Children 7:00pm C. Moore in Education	23	24
25 MERRY CHRISTMAS	26	27	28	29	30	31 



POWER OF PLAY

**DECEMBER 16, 2022
12:00PM
ZOOM SESSION
MEETING ID: 829 5709 7584**



Must be a registered WCTC Member to Participate
Please call or text 780-524-9370 for any Questions or Concerns

*Please download the Western Cree Tribal Council
App: Scan here to download from the App Store*



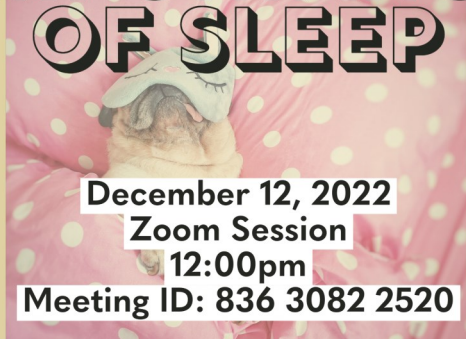


Mother's Lunch Chat

December 2, 2022
12:10PM-12:50PM
ZOOM SESSION
MEETING ID: 851 1031 5909

Must be a Registered WCTC Member to Participate


IMPORTANCE OF SLEEP



December 12, 2022
Zoom Session
12:00pm
Meeting ID: 836 3082 2520

Please Text or Call 780-524-9370 for Assistance
Must be a registered WCTC Member to Participate

C. MOORE
IN EDUCATION



NAVIGATING PRE-TEEN DATING

WHAT CAN PARENTS DO?

DECEMBER 13, 2022
7:00PM

ZOOM SESSION

MEETING ID: 836 3082 2520

MUST BE A REGISTERED WCTC MEMBER TO PARTICIPATE
CONTACT 780-524-9370 FOR ANY QUESTIONS OR CONCERNS



HOW TO REGULATE YOUR EMOTIONS Youth Session



December 14

7:00 PM

Zoom ID:

862 3538 8256



Must be a youth from the WCTC nations to participate
Please contact Heather Hamelin with any questions
(780) 524-9377

Bannock/Frybread Making

Sunday, December 18, 2022

6:00pm

Zoom Session

Meeting ID: 875 1576 9315

If interested in showing how you make your
bannock/frybread, please call or text 780-524-9370

Must be a registered WCTC Member to Participate

December Programming CYFE Prevention

Good Mind Medicine for Men

With Adrian Lachance

Part 1 - December 19, 2022
Zoom Session 7:00pm
Meeting ID: 836 7081 1214

History of Self Family Community
Alcohol & Drug Awareness
Fail- Jail- no self-worth



**ONLINE
GAME
NIGHT
FOR YOUTH**

**DECEMBER
21
7:00 pm
ZOOM ID:
857 2082 6523**

**MUST BE A YOUTH FROM THE WCTC NATIONS
TO PARTICIPATE**
CONTACT Heather Hamelin with any questions
(780) 524-9377



Healthy Relationships

December 20, 2022
5:30pm
Zoom Session
Meeting ID: 860 8723 0383

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Ways to Maintain a Healthy Relationship Including Healthy Conflict Resolution.  
Everyone will get a chance to do the 5 Love Languages Test

Must be a registered member of the WCTC Nations to Participate

 **OdysseyHouse**  
Equality and Empowerment





## December Programming CYFE Prevention

**Morning Connections**  
with Children



December 22, 2022  
7:00pm  
Zoom Session  
Meeting ID: 836 3082 2520

**C. MOORE**  
IN EDUCATION

Must be a Registered WCTC Member to Participate  
Call or Text 780-524-9370 for Assistance  
Zoom Link on WCTC APP



## In-Person December Sessions CYFE Prevention

**Youth Christmas  
Craft Making**



**STURGEON LAKE  
DECEMBER 3  
10:00 AM  
WCTC OFFICE**

**Come hang out and make a holiday craft!  
Must be a registered youth to the  
WCTC Nations**

**REGISTER WITH HEATHER HAMELIN  
(780) 524 - 9377**

**LIMITED SPOTS AVAILABLE**

**Youth Christmas  
Craft Making**



**HORSE LAKE  
DECEMBER 10  
10:00 AM  
WELLNESS  
CENTRE**

**Come hang out and make a holiday craft!  
Must be a registered youth to the  
WCTC Nations**

**REGISTER WITH HEATHER HAMELIN  
(780) 524 - 9377**

**LIMITED SPOTS AVAILABLE**




# In-Person December Sessions CYFE Prevention



**Gingerbread House  
Making in then Nations**  
Please watch Western Cree  
Tribal Council Social Media  
Platforms for updates.

**Embrace the JOY of parenting.**



**An Active Parenting group is starting soon!**

We are proud to bring the acclaimed **Active Parenting** program directly to you! This workshop will show you effective ways to...

- use nonviolent discipline that really works
- open up lines of communication—before they get clogged
- teach responsibility, courage, and other important character traits
- encourage school success in 7 steps
- prevent future problems with drugs, alcohol, and sex
- defuse power struggles with your children
- stimulate independence as your child grows older
- stop scolding and start smiling with your kids again!

**Active Parenting** will give you skills to achieve a fuller, more satisfying family life... and help your children achieve greater happiness and success. Written by Dr. Michael Popkin, one of the nation's foremost experts on parenting education, this course will show you a proven-effective approach to parenting that will lead to more harmony and happiness for you and your children. You'll learn 7 strategies for school success, along with positive discipline and communication techniques to help your family run more smoothly.

But the heart of the matter is the increased JOY you will experience as a family. Since 1983 over three million parents have learned from this dynamic, entertaining, and fun-filled video and discussion program—and now, so can you!

**ACTIVE PARENTING**  
4th edition™

**A video & discussion program for parents of children ages 5 to 12**

For more information and sample videos, go to [www.ActiveParenting.com/AP4-parents](http://www.ActiveParenting.com/AP4-parents).

WCTC APP DOWNLOAD



Date: December 13th & 14th, 2022 Time: 10:00am-3:00pm Daily

Sponsored by: WCTC - CYFE Prevention

Location: Wellness Centre, Horse Lake First Nation

To register, contact: Dani Calliou

Phone: 780-512-6596

E-mail:

Other details:

CYFE PREVENTION

Western Cree Tribal Council

WCTC

CHILD, YOUTH & FAMILY ENHANCEMENT

# Christmas Scavenger Hunt

Christmas Move Night

Nativity Scene

Reindeer

Fire Place

Mistle Toe

Family Photo by Christmas Tree

Elf

Wreath

House with Christmas Lights

Snow Globe

Stockings

Gingerbread House

Santa Claus

Family Bake Night

**DEADLINE: December 20, 2022 4:00pm**

Must Submit ALL Photos to 780-524-9370

A Family Member Must be in EACH of the Photos

Must be a Registered WCTC Member to Participate

**Prizes: 10 Grocery Gift Cards Per Nation - Surprise Amounts!!**