



EMPOWERING
SUCKER CREEK YOUTH
16-21 YEARS OLD

**SUCKER CREEK
REC CENTRE**

NOVEMBER 5, 6, & 7, 2020

- Budgeting
- Cooking lessons
- Sport skills
- and more!

**Register Early,
limited spots
available**

Please Call To Register :
Leanne Willier 780-728-6965
Lisa Giroux 780-868-1987



**EMPOWERING SUCKER CREEK
SCHEDULE**



THURSDAY 5 – 9pm

- 5:00pm** Registration
Opening Prayer/Smudge/Elder
Ice - Breakers
- 6:00pm** Supper
- 7:00pm** Minute to Win it Games
- 8:00pm** Team Building in Groups
- 8:45- 9pm** Closing Prayer/Smudge/Elder

FRIDAY 10 – 4pm

- 10:00am** Opening Prayer/Smudge/Elder
Mental Health
- Coping Skills/Taking Care of Yourself/Keeping Minds Busy
- 11:00am** Food Preparation – Homemade Pizza's
- 12:00pm** Lunch
- 1:00pm** Self – Esteem Workshop
- 2:00 – 4:00 pm** Sports/Skills Development
- Sports Activities outside/challenges
 - Walking Trail
- 3:45 – 4:00pm** Opening Prayer/Smudge/Elder

SATURDAY 10 – 4pm

- 10:00am** Budgeting Workshop – ATB representative
- Savings/Credit/Financing/Future/Assets
- 11:00am** Food Preparation – Taco's in bag
- 12:00pm** Lunch
- 1:00 – 3:00pm** Music/guitar Lessons
- Half group taking lessons
 - Half group Arts Therapy (TBA)
- 3:00 – 4:00pm** Awards/Speeches
- Sports Challenges
 - Personality Awards (ex: most out-going, most talkative, creative, etc)

- Youth to read Biographies they created
- Few words from SC Councillor & Health Director

Closing

Opening Prayer/Smudge/Elder