

ABOUT US

The Phoenix Youth Group (formerly known as the Breakfast Club) is an interactive program for youth in grades 4-6. The program aims to help youth developing healthy coping skills, problem solving, and emotional regulation.

Our programs are open to everyone and are fun, interactive and a great way to learn about important topics which gives them strategies and tools to cope with everyday stressors. They learn that they are not alone and others may go through similar struggles while also developing new friendships.

These tools are helpful to limit the negative impact of stress, as well as provide valuable skills needed to navigate through life.



THE PHOENIX
YOUTH GROUP

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WEEKEND WORKSHOPS

Our weekend workshops help youth learn more about emotions, thoughts, stress and self-compassion.

Each day workshop engages youth with art activities, videos, and chances to win prizes. Youth will be building a *"Feeling's First Aid Kit"* that they take home with them after.

This kit includes several coping skills and fidgets to help youth deal with difficult emotions and thoughts that we practice with throughout the day.

Our day one workshop focuses on thoughts, feelings, and stress while our day two workshop builds on those concepts and adds in self-esteem, boundaries, cyber safety and healthy relationships.



Anyone can make a referral; including youth, parents, guardians, teachers, friends or community members, however, consent from a parent or guardian is required prior to attending.

For more information, upcoming dates, or to register a youth scan the QR code below:



EVENING ACTIVITIES

Our evening activities involve a unique art project each month and encourage youth to build friendships.

Each evening ends with a wellness activity facilitated by one of our youth program staff.

All materials are provided free of charge prior to the activity date.

"We are thankful that our child has been able to attend your workshop and take and makes. This is something they look forward to and are helping them deal with her emotions and feelings. Thank you so much for all that you do."

- Preteen Parent after a weekend workshop

