



McMan

THE FAMILY RESOURCE NETWORK PRESENTS:

YOUTH LIFE SKILLS PROGRAMS

AGES 12-18

In the foothills region, who are looking to increase and develop their skills and abilities to manage their lives successfully

CONTACT MARNIE TO REGISTER!

marnie.johnston@mcmancalgary.ca or 403-508-0436 or on our website www.mcmancalgary.ca/okotoks
All groups are offered in person or virtually.

LIFE SKILLS

A lesson series that focuses on social emotional, communication and self management skills. Youth have an opportunity to strengthen their skills in the following areas: giving and receiving feedback, listening behaviours, questions concepts, emotions.

SKILLS FOR ANGER

Understanding self, strengths/challenges, triggers, anger style, feelings and connection to anger, setting boundaries, strengths, build skills/strategies and positive thinking to manage any anger.

CAREER TRACK

Discover your gifts, create your employment vision and smart goals to support your employment journey. Youth will be supported to build their resume and cover letter, learn how to job search and enhance interview skills.

SKILLS BUILDING WORKSHOPS

Short session workshops with subjects based on youth and community need. Topics include, but are not limited to: Cooking, Budgeting, Rentsmart, Learner's Prep, Health/Wellness, Anxiety 101, Critic or Coach, and Drum Circles.

Limited spots available. Check back often as there is something new offered each month!

MCMAN FRN OFFICE
#22 Crystalridge Drive, Okotoks

TO LEARN MORE PLEASE VISIT
mcmancalgary.ca/okotoks