



I CAN GYMNASTICS FALL SESSION



I Can gymnastics is a gymnastics program offered to children and adults with special needs. It is a structured program for individuals with a variety of needs and abilities. We use a variety of equipment and resources to meet the needs of the individuals.

DISCOVERY KIDS - SUNDAYS SEPT 12-DEC 12

(A PARENT OR AID MUST ACCOMPANY PARTICIPANTS)

3-5 YEARS 10:00-11:00

6 YRS + 11:00-12:00

EVOLUTION KIDS SEPT 7 - NOV 30

(COACH RECOMMENDED)

TUESDAYS 5:00-6:00

DGC
Dynamyx
GYMNASTICS CLUB



780-458-3153 dynamyxgymnastics.com



SWIMABILITIES®

SwimAbilities® is a learn to swim program geared for children with special needs. SwimAbilities® provides lessons where the caregiver is in the water to provide one-on-one focus while being under the direction of a certified instructor. SwimAbilities® assists children and their caregivers to increase safety, independence, and enjoyment in and around the water. Children may begin SwimAbilities® at any level and may continue into other swim programs if they are comfortable doing so.

Every child who does not yet fit into regular lessons is welcome in SwimAbilities®, regardless of whether or not they have a diagnosis.

Who would benefit?

Children who need or would benefit from:

- A slower paced lesson with additional practice time
- Basic learn-to-swim instruction
- Additional support learning swimming routines and/or public swimming routines
- Additional one-on-one safety supervision

Parents or Aides who are in the water with the child, will also benefit from learning:

- Techniques to support the child in learning and performing the swimming skills
- Routines that are the same or similar to routines found during public swim

WHO TEACHES SWIMABILITIES®

SwimAbilities® classes are run by certified swimming instructors, who also hold SwimAbilities® Instructor certification through the Lifesaving Society Alberta & Northwest Territories. SwimAbilities® instructors have additional training and certification to support children with special needs in a pool environment.

FOR MORE INFORMATION

Visit [Swimabilities](#) for more information.



IN-PERSON WORKSHOPS

CHILDHOOD ANXIETY: UNDERSTANDING AND HELPING CHILDREN HEAL (EDMONTON, AB)

[CAD \\$84.49](#)

Does your child or the children you work with struggle with anxiety: panic attacks, separation anxiety, stomach aches, headaches, tantrums, obsessions/compulsions, avoidance of activities, racing thoughts, or troubles with sleep?

Anxiety has many faces, and at this workshop parents, caregivers, and professionals will learn about the psychological and physiological roots of anxiety, why it is on the rise in our children, and what to do to help children better manage it.

This course has a holistic* and strength-based approach that focusses on what we as caretakers, parents, and professionals can do vs. stigmatizing children who are struggling. Various facets of the child's environment will be explored that can contribute to a child's emotional struggles.

Join Tammy Schamuhn, Registered Psychologist, Registered Play Therapist, and Co-Founder of the Institute of Child Psychology, as we explore the research and theory research and theory in the field of mental health, education, attachment, naturopathic medicine, and interpersonal neurobiology will be explored. Attendees will be given resources and direct tools to help their child, or the children they work with, overcome this emotional obstacle.

This workshop aims to enlighten, empower, and inspire those who take care of our children.

OBJECTIVES:

- *Identify neurobiological and physiological mechanisms that underline anxiety*
- *Describe ways in which parenting styles can contribute to anxiety in children*
- *Implement a variety of emotion regulation strategies*
- *Recognize environmental and societal factors that contribute towards the increase in anxiety amongst children*
- *Explore pharmacological and naturopathic treatment options*



INSTRUCTOR: Tammy Schamuhn, R. Psychologist, R. Play Therapist, Co-Founder: Institute of Child Psychology, Executive Director: Family Counselling Centres

DATE/TIME: October 30, 2021 | 9:00am-5:00pm

VENUE: University of Alberta (Edmonton, AB)

TARGET AUDIENCE: This presentation is appropriate for parents, educators, child care professionals, caregivers, and mental health professionals.

WHAT WE PROVIDE: Workbooks to complete throughout the day are available at event sign-in. An electronic certificate of completion will be granted after completion of this seminar {within 14 business days}

UNABLE TO AFFORD A TICKET? We offer subsidized tickets to those have limited income Please email us at info@instituteofchildpsychology.com for qualifications.

CANCELLATIONS/REFUNDS: Tickets are non-refundable, but can be transferred to another party at any time.



The Increase of Child and Youth Mental Health Issues Due to COVID-19

COVID-19 has touched every aspect of our lives – the workplace, home, leisure activities, health, social life, and the family unit. For children and youth, their childhood experience has been anything but typical with online schooling, lockdowns, school closures, loss of extracurricular activities and separation from friends and extended family members. School opportunities disappeared that can really make a difference in a young person's life such as work experience, sports tournaments, school field trips and no graduation activities.

I have written about a number of pandemic issues that have affected families such as caregiver stress, sleep issues, online education, feelings of isolation, and increased instability due to job loss and changes in routines. All of these changes that we've faced during the pandemic have taken their toll on children and youth. At the start of the pandemic, they were considered the lowest risk group around medical outcomes and complications from COVID-19. As time has marched on, they are now emerging as the invisible casualties of the pandemic.



[Read More](#)

The Pandemic Effects on Parent-Teacher Relationships

I read an interesting piece in the Globe and Mail by Bonnie Stelmach, a University of Alberta Education Professor, investigating the changes that happened with parent-teacher relations as a result of the pandemic. She drew her information from an Alberta web-based survey and interviews with parents and teachers. There were positives and negatives which are good to be aware of because this experience can provide a catalyst for awareness, change and growth. Although the study was conducted in Alberta, the findings speak to the pandemic online education experience.

While this survey did not go into specifics for children with exceptional needs, many of the issues and findings are applicable.



[Read More](#)



Open Cockpit Day

Join the Alberta Aviation Museum as their biggest event of the year makes it's return on September 25, 2021. During the 6th Annual Open Cockpit Day, visitors can find themselves in the seat of an authentic piece of aviation history! From 10:00 am – 4:00 pm, visitors will have the opportunity to look inside the crew doors of several historical aircrafts and get rare access to the helm of a Lockheed Starfighter. Join in the celebrations with special family programming, guest presentations, photo booth opportunities and food trucks available throughout the day. While there, take in the new Eyes on the Skies exhibit or learn more about the YEG Honeycomb partnership.

Advance tickets go on sale August 15. Visit the Alberta Aviation Museum [website](#) to learn more.

Special event pricing will be in effect:

\$20/adults, \$17/students/seniors, \$14.50/children 6-12

Children 5 and under are free.

Family Pass: (2 adults and Up to 4 children/youth): \$42.50



Community League Day

September 18, 2021



Edmontonians are invited to celebrate with local Community Leagues at several great events in the weeks leading up to, and on, the official Community League Day September 18, 2021. This annual celebration of Edmonton's 160 diverse Community Leagues includes everything from block parties to BBQs, concerts, outdoor movies and other family-friendly events.

Be sure to check out our event map to check the dates and locations of fun activities happening in or near your very own neighbourhood! [Find your event](#), register a new event, or sign up to volunteer on the EFCL website!



Edmonton Corn Maze

Start Date: Sept 7, 2021
End Date: October 16, 2021
Price: \$10.50 to \$15
Address: Edmonton Corn Maze, Spruce Grove
Phone: 780-554-4540
Website www.edmontoncornmaze.ca



This Years Maze!

This year's maze highlights the work of Edmonton's Food Bank. For 40 years Edmonton's Food Bank has been "relieving hunger today and working to prevent hunger tomorrow".

Throughout our season we will be collecting food and monetary donations as well as planning special events to highlight the work of the food bank. The pandemic, rising food prices and many other socioeconomic factors mean that the work of the Food Bank is needed more now than ever. With over 21000 people being served each month the needs of the Food Bank are large and we hope to help!

This year's maze design is both an amazing aerial view as well as a challenging maze. Though the correct pathways can be walked in under 30 minutes, most directionally challenged visitors – adults and children alike – will require about one hour to travel through the maze of more than 5 km of twists and turns and 85 decision points.



ADMISSION

General **\$13.50-\$15**
Youth (aged 4-11) **\$10.50-\$12**
Child (3 & under) **free**

FALL HOURS

Sept 7– Oct 16
Monday: Closed
Tuesday – Saturday:
10am-8pm
Sunday: 1pm – 5pm



LEDUC & DISTRICT VICTIM SERVICES PRESENTS

LEGENDS NEVER DIE

A DRIVE-IN MOVIE FOR FAMILIES

TICKETS GO ON SALE August 10 \$60/ Vehicle

WHAT? Bring your family and friends out to watch "The Sandlot" and support your local Victim Services! Food trucks will be onsite to buy some tasty treats and dinner!

WHEN? September 17, 2021
Gates open at 6 pm,
Movie Starts at 8 pm.

WHERE? Leduc Recreation Centre - North East Parking Lot

**For More Information,
Call Leduc & District Victim Services at 780-980-7232**



Legends Never Die Drive-In Movie:

When: Friday, September 17, 2021

Time: Gates open at 6:00 PM,
Movie starts at 8:00 PM

Where: Leduc Recreation Centre

Address: 4330 Black Gold Drive

Website: [Facebook](#)



POP-UP

FREE!

August 28 & Sept 11
11 am - 4 pm Root 107



SPECIAL THANKS TO



Edmonton International Street Performers Festival will be festivalizing Root 107 Park on Saturday, August 28 and Saturday, September 11. Join roving artists and live street performers for an afternoon of family fun at the Street Performers Festival Pop-Up. The event schedule includes magic and juggling, and a unique hoola hoop circus stage act!

Root 107 is a unique pop-up park, venue and community space in downtown Edmonton. Food Trucks will also on-site for food & drink during the event.

Edmonton International Street Performers Festival Pop-Up:

When: Saturday, September 11, 2021
Time: 11:00 AM to 4:00 PM
Where: Root 107 Park
Address: 107 Street, between Jasper Avenue and 101 Avenue, Edmonton
Website: www.root107.squarespace.com





Edmonton Chinese Community and Enoch Cree Nation Present:

中秋彩燈節 Mid-Autumn Lantern Festival

Indigenous and Chinese Cultural Performances 原住民和中國文化表演
Multicultural Storytelling 多元文化故事
Children's Crafts and Games 兒童手工工藝和遊戲
Lantern Parade and Wish Boats at City Hall Fountain (6 PM) 燈籠遊行和水燈在市政廳 (下午六點)
Cultural Vendors and More! 文化供應商和其他活動!

Sunday September 19, 2021, 1:00 to 7:00 PM
2021年9月19日, 星期日, 下午1:00至晚上7:00
103 Ave and 96 St, from Edmonton Downtown Farmers Market to Kinistinaw Park

Logos: TransEd LRT VALLEY LINE, ENOCH CREE NATION, Canada, Edmonton, TD Bank People, Media Sponsor: 光華報 The Chinese Journal

All Edmontonian are invited to Mid-Autumn Lantern Festival at the Edmonton Downtown Farmers Market with an Asian-style bazaar, colorful lanterns, folk music and performances, cultural games and activities. Take a tour of Chinatown to learn its past and present stories.

In the Mid-Autumn Festival tradition, there will be activities throughout the day and evening. For your enjoyment, there will be Indigenous and Chinese cultural performances, crafts, calligraphy, multicultural storytelling, moon gazing and a variety of vendors.

Celebrate Mid-Autumn Lantern Festival with all your friends and family!



U-Pick Pumpkins

Start Date: September 11, 2021

End Date: October 31, 2021

Price: Free 2 & under

\$15/per child 3-12

\$17/person 13+

Prairie Gardens & Adventure Farm, 56311 Lily Lake Road,
Bon Accord

Bring your family for the farm for a good ol' fashioned pumpkin u-pick and hay ride around the farm! This is the perfect way to get outdoors with your family, enjoy the wide open spaces on the farm, and learn a bit about how pumpkins grow.

Who is it for?

All ages – Family



*Join the 1 Million Guests That
Have Visited Our Farm!*

- Farm Entry
- Train Rides (hourly)
- U-Pick Veggie & Pumpkin Walking Tours (broccoli, zucchini, cousa, potatoes, kale, swiss chard, pickling cucumbers slicing cucumbers, fava beans, purple beans, yellow beans, green beans, lamb's quarters, amaranth, and peas)
- Sunflower Maze
- Dragon Maze
- Tire Toss
- Bale Mazes
- Small Corn Maze *Big Corn maze opens on September 11th!)
- Animal Viewing (Heritage Chickens, Ducks, Turkeys, Sheep, Goats & Bunnies)
- Playgrounds (4)
- 1 x \$5 Voucher. You can use this voucher on ice cream, a dahlia bouquet, u-pick veggies, gem mining, or sweets and treats to enjoy at home.

