

## John G. Diefenbaker High School

6620 – 4<sup>th</sup> Street NW, Calgary, AB T2K 1C2

t | 403-274-2240 f | 587-933-9837

### Alex Bus - Summer

As we wrap up another busy school season, the Alex Mobile Health Team would like to ensure students know how to reach us and the supports offered over the summer when our buses are off the road.

#### Year-End Schedule / Last Day of Service

Our last day at John Diefenbaker High School was June 9, but we will be at James Fowler on Monday June 15 serving anyone from your school or James Fowler who needs us. We will be available for phone call appointments with the doctor as well as in-person if anybody wants to come over. We park behind the school up on 3<sup>rd</sup> Street. We will also have Melissa, our Mental Health Clinician, available in person or virtual (on screen) via a link we can send. For anyone interested those appointments that day, they can text or call 403-689-9196, or email [youthhealthbus@thealex.ca](mailto:youthhealthbus@thealex.ca) or tell you or any of your staff and then that can be passed on to me.

#### Summer Support – Alex Youth Health Centre

Students can still access a full range of supports at our Youth Health Centre:

Location: #104, 2840 2 Ave SE (near Franklin LRT Station)

Phone: 403-520-6270

Email: [youthinfo@thealex.ca](mailto:youthinfo@thealex.ca)

#### Clinic Hours

Monday – Friday, 10:30 AM – 5:15 PM

Youth Drop-In (Ages 12–24): Monday – Friday, 10:30 – 5:00 PM

Social Work Support (Ages 12–24): Monday – Friday, 10:30 AM – 5:00pm

Same-Day Appointments Available!

#### Services Offered at the Alex Youth Health Centre:

- Medical care
- Mental health support (ages 16+)
- Harm reduction
- Justice system navigation
- Sexual health (STI/pregnancy testing, contraception)
- Basic needs & case management
- Pharmacy services
- LGBTQ2S+ support
- Prenatal & parenting programs
- ID assistance
- Youth groups (open & closed)

Our mental health clinicians are also offering supports throughout the summer – students can access that by calling or texting 403-689-9196 or by sending an email to [youthhealthbus@thealex.ca](mailto:youthhealthbus@thealex.ca). I have attached a poster that outlines the services offered. Thank you so much for all your awesome support this year! We truly could not do what we do without you and your amazing team! If you have any comments, questions, concerns, or feedback please feel free to send them to me and I will share them with our team manager, Shannon Hawryluk, who is cc'd here as well.

Diefenbaker Football Camp

# FOOTBALL SPRING CAMP



## JUNE 15-19

INFORMATION MEETING JUNE 4<sup>TH</sup> AT LUNCH EAST GYM

EQUIPMENT HANDOUT FRIDAY JUNE 12<sup>TH</sup> 12:00-2:00  
EVERYBODY IS WELCOME, NO EXPERIENCE NECESSARY





## BRIDGES TO A BETTER LIFE

Supporting Youth Transitioning Out of High School  
www.cbfy.ca

### ABOUT THE PROGRAM

The Bridges to a Better Life program, delivered by the Calgary Bridge Foundation for Youth (CBFY), supports immigrant and newcomer youth transitioning out of high school — whether due to age limits or limited school space.

### WHAT CBFY OFFERS

<b>Resource Connection</b> Connect you with services and programs outside of high school	<b>One-on-One Support</b> Personalized guidance and mentorship tailored to your goals	<b>Application Help</b> Assistance navigating the application process for programs and jobs
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### PATHWAYS & OPPORTUNITIES

<b>Language Schools</b> <ul style="list-style-type: none"> <li>Chinook Learning Center, Columbia College, Bow Valley College, Equilibrium School</li> </ul>	<b>Employment Support Services</b> <ul style="list-style-type: none"> <li>Resume writing &amp; interview prep, job search and application support</li> <li>Referral agencies: Youth Employment Center, Prospects, Carrers</li> </ul>
<b>High School Upgrading</b> <ul style="list-style-type: none"> <li>Chinook Learning Center, Fusion Collegiate, Discovering Choices, Bow Valley College, SAIT</li> </ul>	<b>Additional Support</b> <ul style="list-style-type: none"> <li>Computer/technology access, referrals to other community services</li> </ul>

### SPECIALIZED PROGRAMS & ALBERTA SUPPORTS

<b>Students with Special Needs (IPP)</b> <ul style="list-style-type: none"> <li>College education with support (Bow Valley College, SAIT, U of C Continuing Ed)</li> <li>Inclusive College Program via IPSE — inclusive education and employment</li> </ul>	<b>Alberta Funding &amp; Benefits</b>
<b>Employment Support (Disability)</b> <ul style="list-style-type: none"> <li>Vecova (employment, housing, mental health, community),</li> <li>Calgary Alternative Employment Services (CAES),</li> <li>Prospect Human Services</li> </ul>	<b>AISH (Financial Support)</b> Monthly income support + health benefits  <b>PDD (Disability Support Program)</b> Life skills programs, job support, community support

### FINAL MESSAGE & NEXT STEPS

<b>Every youth has a future.</b> With the right support: <ul style="list-style-type: none"> <li>They can learn</li> <li>They can work</li> <li>They can live independently</li> </ul>	<b>Your Next Steps:</b> <ol style="list-style-type: none"> <li>Ask your teacher or counselor for guidance and referral support.</li> <li>Contact the CBFY Settlement Worker for one-on-one assistance. <b>Nimish Bhatt: Nbhatt@cbfy.ca</b></li> </ol>
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# STUDENT SUPPORTS - SUMMERTIME

Did you know you can still access supports from The Alex over the summer? Our Youth Health Clinic is a safe and supportive place for young people aged 12 to 24 to get trusted medical and social support from a team of professionals who care.

## Youth Health Clinic

Doctors, nurse practitioners and nurses are available to provide medical care, sexual health support and mental health support.

- Same day medical appointments and walk-ins are often available. Please call ahead to ensure availability. Limited emergency, same day counselling is available by contacting the Youth Health Clinic (phone lines open at 9:30 a.m.).

Support available from social workers, peer support workers and Elders in our Youth Drop-In Space

- Food & Basic Needs Support
- Day/Evening Youth Groups
- Prenatal and parenting programs
- Access to computers & phones
- Case management
- LGBTQIA2S+ supports
- System navigation and referrals
- Indigenous & Elder support



**Youth Health Clinic Hours**  
10:00 a.m. – 5:30 p.m., Mon – Fri

**Drop-In Space Hours**  
11:00 a.m. – 5:00 p.m., Mon – Fri

 403-520-6270

 [youthinfo@thealex.ca](mailto:youthinfo@thealex.ca)

## Mental Health Counselling Services

Students will be able to access mental health counselling over the summer with Melissa or Muhammed (the counsellors from the bus). Appointments will be offered in person at the Youth Health Clinic and virtual throughout the summer. If you would like to book an appointment with Melissa or Muhammed, please contact us directly.

 (Call or Text) 403-689-9196

 [youthhealthbus@thealex.ca](mailto:youthhealthbus@thealex.ca)

In an emergency or if you are in crisis, please call 911 or proceed to your nearest emergency room. If you need mental health support, please call the Distress Centre (24/7) at 403-266-4357.

[www.thealex.ca](http://www.thealex.ca)

#104 2840 2 Ave SE (Blue Line LRT – Franklin Station)



# RESEARCH PARTICIPANTS NEEDED

In a 60–90 minute session, you'll:  
Share what matters to you in your community  
Talk with U of C researchers & other youth  
Help improve things for youth in your community



**FREE \$25 GIFT CARD**



## Who Can Join:

- Ages 15–17
- Live in selected Calgary communities (see the list at the registration link)
- Want to share your thoughts

## Registration and more info:



This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (Ethics ID: REB26-0684).  
If you have questions, contact: [youthhealth@ucalgary.ca](mailto:youthhealth@ucalgary.ca)



The banner features a background image of the First Nations University of Canada building with a stylized map of Canada overlaid. The text is in large white font on a dark blue background. The First Nations University of Canada logo is in the top right corner.

# 2026 FNU Univ Indigenous Youth Entrepreneurship Camp

July 20, 2026 – July 24, 2026 (Monday – Friday)  
1 First Nations Way, Regina, SK S4S 7K2

**FIRST NATIONS  
UNIVERSITY  
OF CANADA**

## About The Camp

The **Indigenous Youth Entrepreneurship Camp (IYEC)** is a **FREE** five-day program for **Indigenous youth in high school and recent graduates**. No previous business experience is needed — just bring your ideas and a willingness to learn!

Hosted at the First Nations University of Canada, the camp gives participants a chance to explore business and entrepreneurship in a hands-on, supportive environment. Youth will build skills, develop ideas, connect with mentors, and take part in a team business plan competition for prizes.

## How do I apply?

**Complete the registration form online or submit your application by email before the deadline.**

A screening committee will review applications and select approximately 20-22 participants for this year's camp. *Travel allowance may be available for eligible participants to assist with travel expenses.*



**Application deadline:  
June 26, 2026**



*Learn More* about the camp by scanning the QR Code or follow the link:

<https://www.fnuniv.ca/academic/undergraduate-programs/indigenous-business-public-administration/iyec/registration/>

Reach out to us via email or follow us for updates:

**Email:** [iyec@firstnationsuniversity.ca](mailto:iyec@firstnationsuniversity.ca)

**Facebook:** Indigenous Youth Entrepreneurship Camp

**Instagram:** FNUNIVIYEC

**Website:** [www.fnuniv.ca](http://www.fnuniv.ca)



1. Rosemary is hosting a girls only Take-A-Break: Find your Passion summer event. This is a 3-day event facilitated at CIWA (downtown). Activities will include arts and crafts, games, scavenger hunt, and a field trip. This will be hosted once in July and once in August. Open to immigrant girls with PR status only ages 15-30. The registration link is: [CRC: Take-A-Break: Find your Passion – Fill out form](#)
2. Kanisha is hosting the Youth Empowerment Summit. This is a fun and engaging learning experience for youth ages 12–18. At this summit, youth will play fun games, create art, and learn life skills such as goal setting and self-care. This summit will also have workshops that are focused on communication, culture, and conflict resolution. This is a free summer camp and is open to all genders and all immigration categories. Please email Kanisha at [KanishaM@ciwa.org](mailto:KanishaM@ciwa.org) to register
3. Jane is hosting a 6-week Summer Camp and registration has officially rolled out! This is open to immigrant girls ages 10-14 (all immigration categories). Here is the pre-registration link: [2026 CIWA Cultural Summer Camp Pre-registration – Fill out form](#)
4. Ivana is hosting mental health workshops for immigrant youth ages 12-18 to join with their parents/caregivers. There are 6 workshops happening throughout the summer and participants are encouraged to join as many as they can. This is open to all genders and all immigration categories. The registration link is <https://forms.microsoft.com/pages/responsepage.aspx?id=vCYWnxSmlE6lqXnWDI-TkLafHeN14BBpVRW70XkyJVUOEFINDRVOTIHMk5OODMwNVIOT0ZKN0hTNC4u&origin=QRCode&qrcodeorigin=presentation&route=shorturl>
5. CIWA is also hosting many one day events and activities throughout the summer for immigrant girls. Girls are encouraged to join our email list or Whatsapp group to stay in touch with our upcoming activities. Girls can email me at [RosemaryS@ciwa.org](mailto:RosemaryS@ciwa.org) or text/whatsapp message me at 403-370-3503

## Family Wellbeing Together

### Family Workshop Series

A culturally responsive, trauma-informed workshop series for newcomer youth (ages 12–18) and their parents or caregivers. Six interactive sessions across summer 2026 with each offering a different fun and creative activity for participating families.

#### THE 6-WORKSHOP SERIES · 3 hours EACH · EVERY 3 WEEKS

<p><b>Workshop 1 June 6</b>  <b>Building Trust &amp; Understanding Needs</b>            Getting to know each other and building a safe, supportive space together.</p> <ul style="list-style-type: none"> <li>• Icebreakers &amp; games</li> <li>• Group agreements</li> <li>• Open discussions</li> <li>• Arts/crafts</li> </ul>	<p><b>Workshop 2 June 27</b>  <b>Mental Health, Stress &amp; Emotional Awareness</b>            Understanding emotions and how to recognize and manage stress.</p> <ul style="list-style-type: none"> <li>• Emotional awareness</li> <li>• Relaxation exercises</li> <li>• Identity &amp; belonging</li> </ul>
<p><b>Workshop 3 July 18</b>  <b>Coping Strategies &amp; Healthy Expression</b>            Learning healthy ways to cope with challenges and express ourselves.</p> <ul style="list-style-type: none"> <li>• Healthy coping skills</li> <li>• Physical movement</li> <li>• Creative expression</li> </ul>	<p><b>Workshop 4 August 8</b>  <b>Family Communication &amp; Relationships</b>            Building stronger connections and understanding between parents and youth.</p> <ul style="list-style-type: none"> <li>• Role play</li> <li>• Small group discussions</li> <li>• Respect &amp; boundaries</li> <li>• Empathy building</li> </ul>
<p><b>Workshop 5 August 28</b>  <b>Navigating Supports &amp; Building Resilience</b>            Finding help in Calgary, building resilience, and moving forward confidently.</p> <ul style="list-style-type: none"> <li>• Resource mapping</li> <li>• Wellness &amp; support planning</li> <li>• Scenario-based learning</li> <li>• Everyday wellbeing</li> </ul>	<p><b>Workshop 6 September 18</b>  <b>Strength, Identity &amp; Community Connection</b>            Celebrating our voices, our future, and our community. A closing celebration.</p> <ul style="list-style-type: none"> <li>• Strength's reflection</li> <li>• Future goals</li> <li>• Community belonging</li> <li>• Celebration &amp; connection</li> </ul>





# TAKE-A-BREAK: FIND YOUR PASSION

LEARN SOMETHING NEW AND CONNECT WITH OTHERS

## EVENT DETAILS

This **free** 3 day interactive event is designed for **young women ages 15 to 30** who want to explore new ideas, build useful skills, and express their creativity in a supportive space

### Enjoy:

- *field trip*
- *Arts and crafts activities*
- *Leadership training*
- *Scavenger hunt*
- *Games*

Take a break from your routine and invest in yourself while trying something new

## DATE

Choose to attend  
July 14-16 or August 11-13  
11 am - 4 pm

## LOCATION

**CIWA Main Office**  
138 4 Ave SE  
6th floor Assembly Hall

## CONTACT

**Rosemary Scholten**  
403-370-3503  
RosemaryS@ciwa.org

Funded by:



Immigration, Refugees and Citizenship Canada

Financé par :

Immigration, Réfugiés et Citoyenneté Canada



Register Today

Canadian Immigrant Women's Association | #200, 138-4th Ave SE, Calgary | 403-263-4414 | www.ciwa.org



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Canadian Immigrant Women's Association





# YOUTH SUMMER ART COMPETITION

Age Groups: 9-13 and 14-19 years

## THEME: "MY SAFE SPACE"

can be a real location, emotions or imagination

- **Registration:** June 1 – June 14, 2026
- **Supply Pick-Up:** June 22 – June 29, 2026
- **Artwork Submission:** August 4 – August 10, 2026
- **Family Dinner:** More information later
- **Winners will win exciting prizes!**
- **Art supplies will be provided**

- **Entry Limit:** One entry per participant
- **Accepted Art Forms:** Drawings, paintings, cartoons, doodles, or sketches
- **Allowed Materials:** Regular pencils, colored pencils, graphite sticks, crayons, markers, oil pastels, watercolors, acrylic paints, oil paints

THE LOCATION FOR SUPPLY PICK-UP AND ARTWORK SUBMISSION WILL BE SHARED WITH REGISTERED PARTICIPANTS.

SCAN TO REGISTER



FOR MORE INFORMATION



[thorncliffe.huntingtonhills@planetyouthcalgary.com](mailto:thorncliffe.huntingtonhills@planetyouthcalgary.com)



Text: 403-464-7296





# SUMMER VOLLEYBALL DAY CAMPS

Train. Compete. Grow.

## PROGRAM HIGHLIGHTS

- ✓ Professional Coaching
- ✓ Daily Skill Development
- ✓ Team-Based Training
- ✓ Championship Friday

Girls and Boys Grade 6+

## LEARN MORE



ALL Skill Levels Welcome!



Contact Us!

403-510-1784  
hello@volleyballcalgary.ca  
www.VolleyballCalgary.ca