

John G. Diefenbaker High School

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e | johngdiefenbaker@cbe.ab.ca

SUMMER OFF CAMPUS OPPORTUNITIES

Summer Off-Campus allows students to earn high school credits through paid or volunteer work in Calgary. Students must secure job placement and have HCS3000 completed. Students without a job placement can apply with CAREERS for internships (careersnextgen.ca).

- Work Experience
- Internship
- Registered Apprenticeship Program (RAP)
- **Deadline: June 12, 2026.**

How to apply for these programs: Students meet with their Off-Campus Coordinator – Mr. Coutts.

SAIT Program Updates

There are still a few spots available for these two programs. Contact Mr. Coutts at djcoutts@cbe.ab.ca ASAP if you are interested.

Applications need to be submitted right away.



BUILD YOUR FUTURE.

LEARN. BUILD. SUCCEED. IN THE TRADES.

DUAL CREDIT PRE-EMPLOYMENT PIPE TRADES PROGRAM
AT SOUTHERN ALBERTA INSTITUTE OF TECHNOLOGY

A FEW SPOTS STILL OPEN!

GO TO SAIT NEXT YEAR
LEARN FROM INDUSTRY PROFESSIONALS.

WHAT YOU'LL LEARN:	WHY JOIN?	PERFECT FOR:
<ul style="list-style-type: none"> PIPEFITTING TECHNIQUES PLUMBING SYSTEMS SOLDERING & BRAZING BLUEPRINT READING JOBSITE SAFETY TRAINING INDUSTRY TOOLS & PRACTICES 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> EARN UP TO 15 HIGH SCHOOL CREDITS <input checked="" type="checkbox"/> TRAIN AT SAIT <input checked="" type="checkbox"/> EXPLORE CAREERS IN THE PIPE TRADES AND SKILLED TRADES <input checked="" type="checkbox"/> GAIN EXPERIENCE BEFORE GRADUATION <input checked="" type="checkbox"/> LEARN IN PROFESSIONAL SHOPS AND LABS FROM EXPERIENCED INSTRUCTORS 	<ul style="list-style-type: none"> <input type="checkbox"/> GRADE 11 OR 12 STUDENTS WHO: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> ENJOY WORKING WITH THEIR HANDS <input checked="" type="checkbox"/> WANT A CAREER IN THE TRADES <input checked="" type="checkbox"/> ARE INTERESTED IN PLUMBING, PIPEFITTING, AND MECHANICAL SYSTEMS <div style="border: 1px solid black; padding: 5px; text-align: center; font-weight: bold;"> BUILD SKILLS. BUILD CONFIDENCE. BUILD YOUR FUTURE. </div>

LIMITED SPOTS
REMAINING!

DON'T MISS YOUR CHANCE TO START YOUR TRADES JOURNEY NEXT YEAR. →

APPLY OR LEARN MORE TODAY!

cbe.ab.ca/programs/high-school/unique-pathways-and-off-campus-education/Pages/dual-credit-pre-employment-pipe-trades.aspx



BUILD YOUR FUTURE.

LEARN. BUILD. SUCCEED. IN THE TRADES.

DUAL CREDIT PRE-EMPLOYMENT CARPENTRY PROGRAM
AT SOUTHERN ALBERTA INSTITUTE OF TECHNOLOGY

A FEW SPOTS STILL OPEN!

GO TO SAIT NEXT YEAR
LEARN FROM INDUSTRY PROFESSIONALS.

WHAT YOU'LL LEARN:	WHY JOIN?	PERFECT FOR:
<ul style="list-style-type: none"> BLUEPRINT READING CONSTRUCTION THEORY HANDS-ON CARPENTRY SKILLS JOBSITE SAFETY TRAINING REAL INDUSTRY TECHNIQUES 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> EARN UP TO 15 HIGH SCHOOL CREDITS <input checked="" type="checkbox"/> TRAIN AT SAIT <input checked="" type="checkbox"/> EXPLORE CAREERS IN CONSTRUCTION AND SKILLED TRADES <input checked="" type="checkbox"/> GAIN EXPERIENCE BEFORE GRADUATION <input checked="" type="checkbox"/> LEARN IN PROFESSIONAL SHOPS AND LABS FROM EXPERIENCED INSTRUCTORS 	<ul style="list-style-type: none"> <input type="checkbox"/> GRADE 11 OR 12 STUDENTS WHO: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> ENJOY WORKING WITH THEIR HANDS <input checked="" type="checkbox"/> WANT A CAREER IN THE TRADES <input checked="" type="checkbox"/> ARE INTERESTED IN CONSTRUCTION, CARPENTRY, OR CABINETMAKING <div style="border: 1px solid black; padding: 5px; text-align: center; font-weight: bold;"> BUILD SKILLS. BUILD CONFIDENCE. BUILD YOUR FUTURE. </div>

LIMITED SPOTS
REMAINING!

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APPLY OR LEARN MORE TODAY!

cbe.ab.ca/programs/high-school/unique-pathways-and-off-campus-education/Pages/dual-credit-pre-employment-carpentry.aspx

Chinook Work Experience

See Mr. Coutts if interested djcoutts@cbe.ab.ca

chinook
learning
services

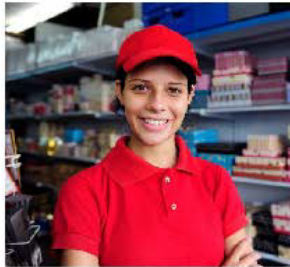
Earn High School Credits on the Job!



You could be eligible to **earn high school Work Experience credits** toward your Alberta High School Diploma!

You must be:

- at least 15 years of age
- currently enrolled in a Calgary Board of Education high school (grades 10, 11 or 12)
- working in a paid or volunteer position



Interested students must register for Work Experience 15-25-35 through **Chinook Learning Services**.

[chinook learning services](#)



Learn More

- **Scan** the QR Code
- **Visit** Chinook's website:
ChinookLearningServices.com/OffCampus.html
- **Email** CLS-SIS-OC@cbe.ab.ca



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

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

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

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

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

 403-520-6270

Drop-In Space Hours

11:00 a.m. – 5:00 p.m., Mon – Fri

 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

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

#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

Free Community Events/Resource

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 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=vCYWnxSmlE6lqXnWDl-TkLabfHeN14BBpVRW70XkyJVUOEFINDRVOTIHMk5OODMwNVIOT0ZKN0hTNC4u&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 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 · 3hours EACH · EVERY 3 WEEKS

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





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:



Financé par :



Register Today

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





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



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

