



September 14th
Location: YW Community Hub
18 workshops - 1 day



Teen and Young Conference 2024

 **ups and downs**
Calgary Down Syndrome Association

COOKING CLASSES

INFORMATION

JOIN FOODIMPACT'S ENGAGING COOKING CLASS WHERE YOU'LL LEARN TO PREPARE DELICIOUS, EASY AND PRACTICAL FAVOURITE LUNCH DISHES UNDER THE GUIDANCE OF OUR SKILLED INSTRUCTORS. PERFECT FOR BEGINNER SKILL LEVELS. THIS HANDS-ON EXPERIENCE WILL LEAVE YOU WITH A TASTY LUNCH MEAL AND NEWFOUND KITCHEN CONFIDENCE.

SESSION 1:

PASTA SALAD

Skills – knife, chopping, making a dressing, squeezing

SESSION 2:

HUMMUS & CHOP

Skills – preparing a recipe, chop, knife skills, squeezing

SESSION 3:

GUAC & CHICKEN

Skills – preparing a recipe, chop, knife skills, squeezing

SESSION 4:

CHOCOLATE CHIP

Skills – following a recipe, mixing, baking, egg cracking

Workshops:

BOUNDARIES AND SOCIAL MEDIA

Setting boundaries around Social Media is more important than ever! Heather Cobb will help you understand the rules on social media and how to create a safe space.

AIKIDO

During this Aikido class, students will get to experience body strengthening exercises, try a variety of cool techniques, and most importantly, create an enjoyable environment! Join us for an introduction to the art of Aikido with BigRock Aikikai.

INDEPENDENT LIVING

PANEL

Join us for an informational panel discussion focused on promoting and supporting independent living. Members will share personal experiences, and explore practical their strategies.

FRIENDSHIP

BRACELETS

Join us to make beaded friendship bracelets and listen to music. Come with an idea or we will help you choose something empowering for you!



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Workshops:

FIRST AID

Child Safe Canada will be leading this workshop where you will learn about cuts, nose bleeds, slings and others. Complete this course and get your own certificate!

BUDGETING

Learn with Momentum how to have control over your money by understanding the difference between needs and wants, learning to track your expenses, and how to put together a budget.

CREATIVE JOURNAL

Create a personalized cover for your journal and start learning the practice of reflection. Art supplies and collaging materials will be provided. This class is sponsored by Loud Art Society.

YOGA

Bendy Buddha Yoga Inc., founded by Ciara in 2016, reflects her deep passion for yoga. Ciara has found profound mental and spiritual benefits it and would like you to join us in this practice!

HIP HOP DANCE

Join our energetic Hip Hop dance class with The Dance Compound! Whether you're a beginner or have some experience, our skilled instructors will guide you through the latest street moves and high-energy music in a fun, supportive environment.

SUCCULENT PLANTS

Participants will be guided through planting & caring for adorable succulents then have a choice of rocks, sand and decorations to complete their unique creation!
Host: Rock Paper Brushes

MODERN & IMPROV

DANCE

Join us for 45 minutes where you will learn some technique from modern dance, utilizing emotive expression to tell a story through dance!

SCIENCE PARTY

Explore the infinite universe of science and dive into the action to discover exciting scientific concepts! Get ready for an extraordinary scientific adventure with Zoom Zoom Party!

EMPLOYMENT INFO

Myles Kelly from MT Royal has been helping many individuals obtain employment. He teaches Employment Preparation, Job Safety Skills, and First Aid. The session today focuses on the steps to take when finding a job and how to improve your chances of success!

TALKING PUBERTY

PARENT SESSION ONLY

Heather Cobb, a sexuality and healthy relationships coach will focus on growing up and puberty with the changes that independence can bring. Join us for an amazing conversation!

One Love, One Soul