

September 13th
Registration opens at
8:30 am



TEEN AND YOUNG ADULT
CONFERENCE
2025

Location:
Carya Village Commons

PROGRAM INFORMATION

Chicken Tortilla Soup

Skills: Opening cans,
pulling chicken, simple
knife skills, frying

Music & Performance by Youth Singers

Grow and gain confidence,
build friendships, and find an
appreciation for the
performing arts.

Goal Setting Workshop (NEW!)

Join Julie Freedman in this
amazing workshop that will
give you tools to pursue your
goals, regardless of how big or
small they are.

Vision Board

Let's make vision boards to
envision our hope for the
future. Come hang out with
Bethel from Alcove Centre for
the Arts to make collages,
draw or colour what your
hopes are for the future!

Taco Salad Bar

Skills: Knife skills, frying
beef

Modern and Hip Hop with Evolutions School of Dance

Explore body movement and
tell a story through dance!

Healthy Relationships with Centre for Sexuality

Identify what relationships are
good to have and which ones to
avoid!

Coaster Making Workshop

Join us and get creative!
Design your own unique
hexagonal wooden coasters
using geometric stencils,
acrylic paint pens, and a touch
of glitter!

Pico de Gallo and Guacamole

Skills: Chopping and knife
skills

The Kinkonauts Calgary's Improv Lab

Discover the joy of improv in a
fun, welcoming class where
participants express
themselves through play,
laughter, and connection.

From Friends to Dating with AHS

Healthy friendships, crushes
and dating boundaries

Dry Ice Workshop

Make an ice cube in less than
1 minute, learn how cold dry ice
really is and what makes it dry!

Brownies

Skills: Baking, mixing,
measuring

SafeTweens Training Class

Learn how to avoid potentially
dangerous situations.

The Dollar Detectives on Savings and Budget

Unlock the secrets to
managing your money with
confidence – and have fun
doing it!

Mini Scrapbook session

Enjoy creating a simple 8x8
paper photo memory album.
Participants will need to bring
10-15 printed photographs 4x4,
4x6 and 5x7 are ideal sizes to
create this project.