



# YOUTH SUMMER ART COMPETITION

Age Groups: 9-13 and 14-19 years

## "My Summer World"

Let your art speak your Story of Summer

- Registration: June 2 – June 15, 2025
- Supply Pick-Up: June 23 – July 4, 2025
- Artwork Submission: July 28 – August 1, 2025
- Showcase & Voting: During the Family Dinner on August 15, 2025
- Winners will win exciting prizes

- 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


## Thorncliffe & Huntington Hills School Supply Donation Drive

This year is wrapping up but we are already looking forward to next year. Planet Youth, an organization that supports youth activities in our community and our school, is looking for donations of new school supplies to help those in need in our school community.

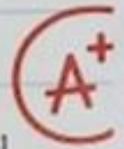
New items can be dropped off at the Thornhill Aquatic and Rec Centre from July 2-31. These will be used for school back packs to be given out on Aug 23. Please donate what and if you can.




# Thorncliffe & Huntington Hills SCHOOL SUPPLY DONATION DRIVE!

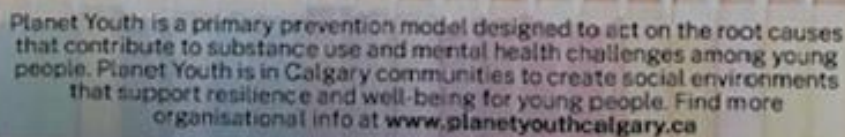


Your local Planet Youth Community Action Team -a coalition of community organisations, volunteers and parents- is having a school supply drive to get supplies to local elementary, junior, and high school students for the 2025/26 school year. Supplies will be distributed at a free community event on Aug. 23, 2025, The Back to School Fall Kickoff!



To donate, please drop off any of the below new supplies at the Thornhill Aquatic and Recreation Centre office July 2-31, 6715 Centre St NW

- 
- Backpacks
  - Pencils (3 pack)
  - Pencil sharpeners
  - Erasers (Staedtler Mars Plastic)
  - Red pens (Fine point, 2 pack)
  - Blue pens (12 pack)
  - Rulers
  - Notebooks (80-100 pages, large multi-subject)
  - Highlighters (variety of colors)
  - Glue sticks (3 pack)
  - Scissors
  - Pencil crayons (24 pack)
  - Felt markers (24 pack)
  - Pencil cases (Five Star)
  - Zippered binders (large)
  - Hygiene kits (optional)
  - Lined paper (100 ruled sheets, Hilroy)
  - Graph paper (100 sheets)
  - Report covers (5 pack, in different colors)
  - Geometry sets
  - Calculators (TI-30Xa specification)



Planet Youth is a primary prevention model designed to act on the root causes that contribute to substance use and mental health challenges among young people. Planet Youth is in Calgary communities to create social environments that support resilience and well-being for young people. Find more organisational info at [www.planetyouthcalgary.ca](http://www.planetyouthcalgary.ca)



PLANET  
Youth

PARTNER Calgary

A PARTNER OF CALGARY  
AND AREA SERVICES

## Alberta Adolescent Recovery Centre (AARC)

We are currently planning a series of Community Information Sessions over the coming months and would welcome your support to raise awareness for families or supportive staff members in your organization who may benefit from receiving information on this much needed resource in our community.

Founded in 1992, the Alberta Adolescent Recovery Centre is a **research-backed long-term** program specializing in treatment for youth & young adults between the ages of **12–21** who struggle with **alcohol/drug use**. Treatment at AARC provides support for all family members, as we understand that loved ones are also heavily impacted by the journey through youth addiction. On average, treatment at AARC takes between **8 – 10 months**. At AARC, treatment for minors can be accessed by parents through **Compassionate Intervention**.

The AARC treatment model incorporates many unique components such as **Entire Family Treatment**, **Peer Support**, **Recovery Homes**, a **Wrap-Around Specialized Clinical Team** focused on Youth Recovery and a strong emphasis on **Nutritional & Physical Wellness**. Our Recovery Home process provides a unique semi-residential component to treatment. It is a therapeutic process, as families support each other as they become not only part of the solution but also part of a **broader community of support** throughout and post treatment. Research shows that the AARC model has a **73% success rate** 12 months post treatment for clients living in sobriety. No family will be turned away due to financial barriers.

Warm regards,

**Ciara Brady**

*Manager of Community Engagement*

**Alberta Adolescent Recovery Centre (AARC)**

## Alex Youth Health Bus Summer Support

### 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)

## Free Mental Health Services for Youth and Families in Calgary.

Access Mental Health Mon to Fri 8am-5pm

403-943-1500

The Summit Walk in Services 10.am-10pm daily.

587-534-7200

Eastside Community Mental Health Services.

Immediate, no cost support: 403-299-9699

Distress Centre 24-hour Crisis Support and Crisis counseling: 403-266-4357

Kid's Help Phone Contact with a Professional counselor via phone, text or on line 24/71-800-668-6868 **In a life-threatening mental health emergency, go to the nearest hospital emergency room immediately or call 911.**

## Indigenous Family Resource Guide

[2024-2025-Indigenous-Family-Resource-Guide](#)

## Summer Camps hosted by CIWA

### **Youth Empowerment Summit**

**WHEN:** July 15-18 OR August 11-15 from 1pm-4pm

**WHERE:** CIWA's 6th floor Assembly Hall AND various field trip locations (to be announced)

**WHO:** Anyone aged 14-18 is welcome

**WHAT:** A 5-day summer camp where we will discuss healthy relationships, make friends, make art, attend field trips and more!

**HOW to register:** Use this link to register: [Youth Empowerment Summit Registration](#) or scan the QR code in the flyer!

Once receiving your registration, we will send out consent forms and a detailed plan of the daily activities we have planned 😊



# YOUTH EMPOWERMENT SUMMIT

JOIN US FOR A FUN AND EDUCATIONAL WEEK DESIGNED FOR YOUTH

You'll take part in games, activities, and discussions, explore topics like healthy communication, goal setting, career planning, conflict resolution, diversity, and self-care—and enjoy exciting field trips to Telus Spark and more!

**LOCATION**  
CIWA Main Building  
138 4 Ave SE, Calgary

**WHEN**  
July 14–18 or August 11–15

**TIME**  
1:00 PM – 4:00 PM each day

**Who Can Join**

- Youth ages 14–18
- All genders welcome
- Open to all immigration statuses

**REGISTER TODAY**



FUNDED BY:



Calgary Immigrant Women's Association | 1200, 135 - 11th Ave SE, Calgary | 403-263-7114 | www.ciwa-online.com

Facebook: @ciwa\_yyc | Instagram: @ciwa\_yyc | LinkedIn: Calgary Immigrant Women's Association | Twitter: @ciwa\_yyc

## Free Coding Camp for girls

WHEN: July 7-September 12, one weeklong camp

WHERE: Online

WHO: Summer: Girls 12+ | Fall: Girls 18+

WHAT: A 5-day coding camp to learn basic coding skills

HOW: Please use the QR code to register 😊



 CIWA

# CODING CAMP

Free Event for Girls

## LIMITED SPOTS AVAILABLE – SIGN UP!

Curious about coding? Join iGLOW's FREE online coding camp for girls, held via Zoom! Learn the basics, boost your creativity, and sharpen your problem-solving skills.



### WHAT YOU'LL LEARN:

- **Basic Coding Skills:** Learn the fundamentals of coding.
- **Website Design:** Build interactive web pages.
- **Game Design:** Create engaging games.
- **Additional Skills:** Explore other coding concepts.
- **Free One-Year Access:** Gain continued learning opportunities.



### EVENT DATES:

CCSD Spring Break: **April 21-25** (girls ages 10-19)  
Summer Coding Camp: **July 7-August 29** (girls ages 10+)  
Fall Coding Camp: **September 2-12** (girls ages 18+)



### REGISTER TODAY



FUNDED BY:



## Free Community Events



# Mobile Skate & Scoot Spot

## Murray Copot Arena

6727 Centre St. N.W.

**May 28 – June 24**

Monday - Friday 3 p.m. to 7:30 p.m.

Saturday - Sunday 11 a.m. to 3:30 p.m.

A **FREE** Calgary skatepark program for all ages.

All participants must have a signed waiver. If under 18, the participant will need it signed by a parent / guardian before being able to participate in this program.

Waivers are available on-site and on [www.calgary.ca/register](http://www.calgary.ca/register).

Helmets are mandatory when using the park.

You are welcome to bring your skateboard, rollerblades, or scooters to the park.

**For more information call 311 or visit [www.calgary.ca/free](http://www.calgary.ca/free)**



Calgary



active kids & teens,  
stronger communities

sport  
HUB



## Register now for **BADMINTON** lessons in Thorncliffe

**When:** July 7 – July 30

**Where:** Thorncliffe Greenview Community Association & Recreation Centre

**Address:** 5600 Centre St. N.

**Age:** 9–12    **Days:** Mon & Wed    **Time:** 5:15–6:30 pm    **Course ID:** 109916

**Age:** 13–17    **Days:** Mon & Wed    **Time:** 6:30–7:45 pm    **Course ID:** 109918



- Led by Badminton Alberta
- All equipment provided
- Recreation fee assistance available through Fair Entry
- Scan the QR code to register



For more information visit [calgary.ca/sporthub](http://calgary.ca/sporthub)



**HERConnect**



Are you a newcomer to Calgary?  
Are you a black woman or girl?  
Do you feel lonely or need supporting settling in ?

We have an Emergency link worker, social worker, and mental health therapists to support with your mental health needs

**Scan here to access supports**



**To Connect With Us TODAY !:**

 587.893.9355 (Call or Text)

 587.893.4357 (Call or Text)

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

**NO REFERRAL NEEDED**



Calgary



## First Tee Program at Confederation Park Golf Course

### FREE Learn-to-Play Golf Program!

Instruction is focused on the fundamentals of golf: putting, chipping, pitching, and full swing.

#### Session Dates & Times:

5-week program | Once a week | 90- Minute sessions

Saturdays | May 10 - June 14

05/10 | 05/24 | 05/31 | 06/07 | 06/14

No First Tee session on: May 17<sup>th</sup>, 2025

Ages 10-12: 3:55pm - 5:25pm

#### Location & Address:

**Location:** Confederation Park Golf Course & McCall Lake

**Address:** 3204 Collingwood Dr NW, Calgary, AB T2L

- (Dates at this location on May 10, 24, 31, June 7th)

**Secondary Address:** McCall Lake Golf Course

#### Coaches:

- Jake Harrison

#### Additional Information:

- 12-participant capacity
- Previous golf skills are NOT required.
- Golf equipment is NOT required; equipment will be provided for participants during each session.
- For the final session on June 14th participants will be split into groups for tee times at 4:06pm, 4:15pm, 4:25pm. This week will take place at McCall Lake Golf Course. More details will be provided by coaches in advance.

Email Sydney Scraba First Tee Alberta Coordinator at [sscraba@golfcanada.ca](mailto:sscraba@golfcanada.ca) if you are experiencing registration issues.

**REGISTER HERE**



**first tee**  
alberta




Community  
Junior Golf


sponsored by








# HUNTINGTON HILLS FOOD PANTRY


 THE FOOD PANTRY IS NOW BOOKING TIMES


 BOOKINGS ARE WELCOMED ON TUESDAY, MAY 6TH AND WILL BE ACCEPTED AFTER 12:00PM

 SUPERVISED PROGRAM - BY APPOINTMENT ONLY - NO DROP INS!

 CALLS AFTER 7:00PM WILL GO TO VOICEMAIL

 PLEASE EMAIL : [ELCCADMIN@HUNTINGTONHILLSCALGARY.COM](mailto:ELCCADMIN@HUNTINGTONHILLSCALGARY.COM)  
ADD "FOOD PANTRY" IN THE SUBJECT LINE OF EMAIL

 CALLS AFTER 7:00PM WILL GO TO VOICEMAIL

 PLEASE CALL : 587- 392- 2268  
NO TEXTS, THIS IS A LAND LINE

*Huntington Hills*

COMMUNITY ASSOCIATION

VISIT [WWW.HUNTINGTONHILLSCOMMUNITY.CA](http://WWW.HUNTINGTONHILLSCOMMUNITY.CA)

# CRAFTS & CONNECTIONS

Free event | Resident Led

## Paper Basket Weaving & Candle Making

Discover the joy of Basket Weaving and art of Candle Making and create your own masterpiece

Friday, June 6

5:00pm-7:00pm

## Ribbon Embroidery

Explore the Art. Embroider Your Imagination

Wednesday, June 11  
1:00pm-3:00pm

## Beading Basics

Jewelry Making for Beginners

Wednesday, June 25  
1:00pm-3:00pm

The 5600 Room  
Thorncliffe Greenview Community Association  
5600 Centre St N, Calgary

For more Information & Registration:  
[SHanda@growwithtrellis.ca](mailto:SHanda@growwithtrellis.ca)

Supplies and light refreshments will be provided  
Funded by the Calgary Foundation Neighbour Grants



Calgary



# Join our Monthly Threads of Sustainability Sewing Group

Learn skills in sewing, mending and handcrafting.

We use peer-led Education and skill-sharing to develop sewing skills and build community connections. Bring your ideas, projects and knowledge so we can learn together.

June 24, 2025  
TUESDAY  
6PM - 8PM

Judith Umbach  
Library

Bring your own  
Sewing Machine

ages: youth 12 + are welcome,  
but must be accompanied by  
parent or guardian.

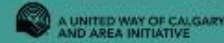
Contact Sage to Register at: [sage.wheeler-ramnauth@calgary.ca](mailto:sage.wheeler-ramnauth@calgary.ca)

Youth Ages 15-17:

# Your Voice Matters!



PARTNER *Calgary*



Help shape a healthier future for your community by sharing your thoughts with Planet Youth Calgary.


If you participate, you will receive a YMCA day pass, a free lunch, and an entry into a draw for one of 12 **\$50 Visa gift cards, AirPods 4, or Beats Solo 4 by Dr. Dre.**



**This isn't just another research - it's your story**

SCAN THE QR CODE TO SIGN UP.



 Like our page on Facebook: [Planet Youth Calgary](#)

 Follow us on IG: [@planetyouthcalgary](#)

**SATURDAY, JULY 26TH**  
**Arrive @ 7:30 PM - Movie starts @ 8 PM**

# Community **Movie** Night

**FREE EVENT | ALL AGES**

\*Children under 12 must be accompanied by an adult.

Bring your own chair & blanket

Snacks & refreshments included  
\*while supplies last



**Huntington Hills Community Association**

Green Space Near The Front Entrance (indoors if raining)

520 - 78 Ave NW





# FREE YOUTH PROGRAMMING

## THIS SUMMER AT THE TGCA

The Thorncliffe Greenview Community Association is pleased to partner with YMCA Calgary and Planet Youth Calgary to bring the community free youth programming this July and August. Bring a friend or come and meet some new ones!

Every Wednesday from 1 - 4 pm July 9 - August 27 for ages 12 - 17. Drop-in format.

### ACTIVITIES INCLUDE:


- 5-PIN BOWLING
- WALLYBALL
- BASKETBALL
- FUTSAL
- TABLETOP GAMES
- PICKLEBALL/BADMINTON
- DRAWING WORKSHOP
- E-SPORTS

### FREE PIZZA & GOOD VIBES

All volunteers have full background checks. No registration required, all youth 12-17 welcome, sign-in and parent phone number required. Most equipment supplied.

5600 Centre St. N | 403-274-6840  
Info: [tgcacalgary.com/youth-programs](http://tgcacalgary.com/youth-programs)





FREE Event / \*drop-in\*

# BACK TO SCHOOL KICKOFF!!

Saturday  
August 23, 2025  
10 AM - 3 PM

**Murray Copot Arena  
6727 Centre Street NW**

School Supplies Giveaway  
& Hair Cuts (K-12),  
Community Resources, Lucky Draw,  
Snacks & Refreshments!



**CALGARY  
FOOD BANK**

**CALGARY  
POLICE  
SERVICE**

**Closer  
to Home  
COMMUNITY  
SERVICES**

**PLANET  
Youth  
MINDS MATTER  
Association**

**Calgary**

**CALGARY ORANGE  
TURKISH CYPRUS**

**optrellis  
SOCIETY**

**CALGARY  
PUBLIC  
LIBRARY**

# YOUTHFUL SATURDAY

**FREE EVENT | AGES 12 - 17**



SAT JUNE 28, 1 - 3 PM - SELF PORTRAIT DRAWING  
FRI JULY 11, 5 - 7 PM - FUTSAL  
SAT JULY 26, 1 - 3 PM - FUTSAL  
FRI AUG 15, 5 - 7 PM - ACTIVITY TBD  
SAT AUG 30, 1 - 3 PM - ACTIVITY TBD

**THORNHILL AQUATIC & REC  
6715 CENTRE STREET NW**

**ART, GAMES ,  
PIZZA,  
SNACKS & REFRESHMENTS**

**OPTIONAL RECREATION ACTIVITES**

**Registration Required: Use the link or scan the QR Code**

<https://forms.office.com/r/gHSuCxLHyQ>



PLANET  
Youth

PARTNER Calgary

YOUTH OF CALGARY  
AND DISTRICTS

**For any inquiries or more info, please contact:**

e-mail: [edore.ossai@ymcocalgary.org](mailto:edore.ossai@ymcocalgary.org)

or text: 403-464-7296

Calgary





# Register now for **FREE** sport lessons

| SPORT                   | AGES  | DATES         | DAYS      | CLASSES | LOCATION                              | COURSE ID |
|-------------------------|-------|---------------|-----------|---------|---------------------------------------|-----------|
| <b>ABBEYDALE</b>        |       |               |           |         |                                       |           |
| Rugby                   | 13-17 | Aug 6-Aug 27  | Mon & Wed | 7       | Abbeydale School Field                | 110346    |
| <b>DOVER</b>            |       |               |           |         |                                       |           |
| Rugby                   | 13-17 | Jul 7-Jul 30  | Mon & Wed | 8       | Dover Field (West Dover Sch.)         | 110367    |
| <b>FOREST LAWN</b>      |       |               |           |         |                                       |           |
| Volleyball (Grass)      | 13-17 | Jul 6-Aug 24  | Sundays   | 7       | Forest Lawn Dry Pond                  | 110364    |
| Tennis                  | 13-17 | Jul 15-Aug 7  | Tue & Thu | 8       | Forest Lawn Tennis Courts             | 110408    |
| Tennis                  | 13-17 | Aug 12-Sep 4  | Tue & Thu | 8       | Forest Lawn Tennis Courts             | 110359    |
| <b>HUNTINGTON HILLS</b> |       |               |           |         |                                       |           |
| Volleyball (Grass)      | 13-17 | Aug 5-Aug 28  | Tue & Thu | 8       | Sir John A. Macdonald Sch. Field      | 110344    |
| <b>SADDLE RIDGE</b>     |       |               |           |         |                                       |           |
| Basketball              | 13-17 | Jul 7-Jul 30  | Mon & Wed | 8       | The Genesis Centre                    | 110365    |
| Cricket (Indoor)        | 13-17 | Aug 6-Aug 27  | Mon & Wed | 7       | The Genesis Centre                    | 110355    |
| <b>SHAWNESSY</b>        |       |               |           |         |                                       |           |
| Cricket                 | 13-17 | Jul 5-Aug 23  | Saturdays | 7       | Janet Johnstone Elementary Sch. Field | 110362    |
| Volleyball (Grass)      | 13-17 | Jul 5-Aug 23  | Saturdays | 7       | Janet Johnstone Elementary Sch. Field | 110418    |
| Tennis                  | 13-17 | Jul 7-Jul 30  | Mon & Wed | 8       | Cardel Rec South                      | 110366    |
| Tennis                  | 13-17 | Aug 11-Aug 27 | Mon & Wed | 6       | Cardel Rec South                      | 110401    |
| Basketball              | 13-17 | Aug 12-Aug 28 | Tue & Thu | 6       | Cardel Rec South                      | 110361    |
| <b>THORNCLIFFE</b>      |       |               |           |         |                                       |           |
| Basketball              | 13-17 | Aug 6-Aug 27  | Mon & Wed | 7       | Thorncliffe Greenview Comm. Assoc.    | 110350    |

*\*Free programs require registration.*



- Led by experienced sport organizations.
- 75-minute classes.
- All equipment is provided (e.g., racquets, cricket bats).
- Scan the QR code or call 403-268-3800 to register.



For more information visit [calgary.ca/SportHub](http://calgary.ca/SportHub)

