



The Boys and Girls Club of Fort Saskatchewan is pleased to introduce:



A support group for children and youth experiencing family change

New Program! For ages 6-12yrs

Horizon provides a safe and confidential environment for children/youth to explore feelings due to family change such as; separation, divorce, blended families. Through expressive art activities and small group work children and youth have the opportunity to meet new friends and to share personal stories.

Topics include

- Understanding family change
- Healthy Expression of feelings
- Healthy ways to cope with feelings
- Celebrating self and family strengths

Horizon is offered by trained volunteer facilitators once a week for 6-8 weeks. Each group runs for 45min to one hour. Groups are facilitated at local schools and at the Boys and Girls Club of Fort Saskatchewan.

Volunteer Facilitators Include: Teachers, FCSS Staff, and/or Community Members all of which who have been through a screening process

To inquire about a group please contact the Boys and Girls Club at

780-992-0103.

Please note: Rainbows and other opportunities to support families with change are still available to the community.

