

# Kids' Klub

**Alberta Health Services  
Addiction & Mental Health  
Nordic Court  
#400, 10014 99 Street  
Grande Prairie, AB  
T8V 3N4**

**Phone: 780-538-5162**



*A support group for children negatively  
affected by a family member's substance  
use, gambling or mental health problem*

Kids' Klub is for children 7-12 years of age who are or have been affected by a family member's use of alcohol or other drugs, gambling, mental health concerns, and/or family violence.

## PROGRAM GOALS

- Provide children with factual information about alcohol & drug dependency and family violence
- Give children the opportunity to share their experiences and express their feelings
- Assist in the development of healthy communication skills
- Address the uniqueness and self-worth of each child
- Develop resiliency towards situations beyond our control while making good decisions

This eight session group program offers a safe, fun and engaging environment where goals are achieved through learning-based activities and collaboration with others. Kids' Klub offers a positive experience for each child involved.

The next Kids' Klub Program will run:

***March 19th to May 7th, 2019 on  
Tuesdays from 3:30 — 5:00 PM***

Children are expected to attend all sessions of this rewarding educational program.

## GROUP TOPICS

- Introduction to Group
- Understanding Addiction & Mental Illness
- Feelings
- Defense Mechanisms
- Family Violence and Safe People
- Roles and Relationships
- Risks and Choices
- Specialness and Self-esteem
- Problem Solving & Building Resilience

For more information or to register, contact Child & Youth Addiction and Mental Health Services at  
780-538-5162

\*This service is free of charge