

SKILL BUILDER PROGRAM

An inclusive program series that supports the mental, social, emotional, and physical development of children and youth.

Our mission:

- * Help build confidence and foster a sense of belonging.
- * Offer extra time to learn and develop skills in a small group setting.
- * Introduce support strategies based on individual needs and abilities.

>> Would your child experience even more success with individual support? If so, we encourage caregivers to arrange aide support or attend the program with their child.

Questions? Contact Jennifer Howard (Child and Youth Director) at 587-393-9487 or jhoward@tricocentre.ca.



FINE MOTOR

Help build confidence and independence! Giving children extra time to practice using small muscles in their hands, wrists, and fingers. Fine motor practice helps with buttoning, zippering, drawing, tying shoelaces, brushing, and flossing teeth. Children will play with fine motor manipulatives and practice hand strengthening exercises.

4-5 YEARS OLD

11938	Sept 16-Oct 28	Sa	9:00-10:00am	\$120.00	6 Classes
11964	Nov 4-Dec 22	Sa	9:00-10:00am	\$160.00	8 Classes

6-7 YEARS OLD

11939	Sept 16-Oct 28	Sa	10:15-11:15am	\$120.00	6 Classes
11965	Nov 4-Dec 23	Sa	10:15-11:15am	\$160.00	8 Classes

8-10 YEARS OLD

11940	Sept 16-Oct 28	Sa	11:30-12:30pm	\$120.00	6 Classes
11966	Nov 4-Dec 23	Sa	11:30-12:30pm	\$160.00	8 Classes

DIRECTION DETECTIVES

In a small group setting, this program teaches active listening skills and effective strategies to follow directions. Through engaging discussion and activities, we will explore helpful strategies such as checklists, visuals, timers, social stories, task breakdowns, and ways to eliminate distractions.

6-7 YEARS OLD

11943	Sept 17-Oct 29	Su	11:45-12:45pm	\$120.00	6 Classes
11961	Nov 5-Dec 17	Su	11:45-12:45pm	\$140.00	7 Classes

8-10 YEARS OLD

10895	Sept 14-Oct 26	Th	4:30-5:30pm	\$140.00	7 Classes
11944	Sept 17-Oct 29	Su	1:00-2:00pm	\$120.00	6 Classes
11963	Nov 2-Dec 21	Th	4:30-5:30pm	\$160.00	8 Classes
11962	Nov 5-Dec 17	Su	1:00-2:00pm	\$140.00	7 Classes

11-13 YEARS OLD

10896	Sept 14-Oct 26	Th	6:00-7:00pm	\$140.00	7 Classes
11960	Nov 2-Dec 21	Th	6:00-7:00pm	\$160.00	8 Classes

FRIENDSHIP FOUNDATIONS

Learn how to build and maintain friendships through engaging activities, games, and discussions. We'll explore essential skills such as active listening, effective communication, understanding social cues, empathy, problem solving strategies, emotional regulation, co-operation, sharing and taking turns.

6-7 YEARS OLD

11941	Sept 16-Oct 28	Sa	1:00-2:00pm	\$120.00	6 Classes
11968	Nov 4-Dec 23	Sa	1:00-2:00pm	\$160.00	8 Classes

8-10 YEARS OLD

11942	Sept 16-Oct 28	Sa	2:15-3:15pm	\$120.00	6 Classes
10891	Sept 12-Oct 24	Tu	4:30-5:30pm	\$140.00	7 Classes
11969	Oct 31-Dec 19	Tu	4:30-5:30pm	\$160.00	8 Classes
11970	Nov 4-Dec 23	Sa	2:15-3:15pm	\$160.00	8 Classes

11-13 YEARS OLD

10892	Sept 12-Oct 24	Tu	6:00-7:00pm	\$140.00	7 Classes
11967	Oct 31-Dec 19	Tu	6:00-7:00pm	\$160.00	8 Classes

WELLNESS WARRIORS

A safe welcoming space for children to learn about feelings, body clues, and ways to calm when having big feelings. Tools and strategies will be introduced as each child builds their own personalized 'calm-down box'.

6-7 YEARS OLD

11936	Sept 17-Oct 29	Su	9:00-10:00am	\$120.00	6 Classes
11986	Nov 5-Dec 17	Su	9:00-10:00am	\$140.00	7 Classes

8-10 YEARS OLD

11937	Sept 17-Oct 29	Su	10:15-11:15am	\$120.00	6 Classes
11987	Nov 5-Dec 17	Su	10:15-11:15am	\$140.00	7 Classes



FALL REGISTRATION IS OPEN NOW!

Winter session begins January 2nd with classes viewable October 17th

ANXIETY EXPLORERS

This engaging and interactive program fosters resilience, promotes self-care, and empowers young people to navigate anxiety with confidence. In a small group setting they learn about anxiety symptoms, understand triggers, and explore effective coping strategies.

8-10 YEARS OLD

10897	Sept 15-Oct 27	F	4:30-5:30pm	\$140.00	7 Classes
11956	Nov 3-Dec 22	F	4:30-5:30pm	\$160.00	8 Classes

11-13 YEARS OLD

10898	Sept 15-Oct 27	F	6:00-7:00pm	\$140.00	7 Classes
11955	Nov 3-Dec 22	F	6:00-7:00pm	\$160.00	8 Classes

CONFIDENCE QUEST

A fun and interactive program that helps kids boost their self-esteem and build confidence. Through engaging activities and games, children will learn valuable skills such as positive self-talk, embracing their unique qualities, and overcoming challenges with courage. Join us on this exciting journey of self-discovery and empowerment, where every child becomes a confident hero in their own story.

8-10 YEARS OLD

10889	Sept 11-Oct 23	M	4:30-5:30pm	\$120.00	6 Classes
11988	Sept 15-Oct 27	F	1:30-2:30pm	\$140.00	7 Classes
11958	Oct 30-Dec 18	M	4:30-5:30pm	\$160.00	8 Classes
11989	Nov 3-Dec 22	F	1:30-2:30pm	\$160.00	8 Classes

11-13 YEARS OLD

10890	Sept 11-Oct 23	M	6:00-7:00pm	\$120.00	6 Classes
11945	Sept 15-Oct 27	F	3:00-4:00pm	\$140.00	7 Classes
11957	Oct 30-Dec 18	M	6:00-7:00pm	\$160.00	8 Classes
11959	Nov 3-Dec 22	F	3:00-4:00pm	\$160.00	8 Classes

SURF SMART / INTERNET SAFETY

This program is designed to teach kids about internet safety, healthy screen time habits, and how to ask for help. We will cover important topics such as online privacy, cyberbullying, and digital citizenship. We'll also discuss the benefits of limited screen time and how to balance it with other activities.

8-10 YEARS OLD

10893	Sept 13-Oct 25	W	4:30-5:30pm	\$140.00	7 Classes
11981	Nov 1-Dec 20	W	4:30-5:30pm	\$160.00	8 Classes

11-13 YEARS OLD

10894	Sept 13-Oct 25	W	6:00-7:00pm	\$140.00	7 Classes
11979	Nov 1-Dec 20	W	6:00-7:00pm	\$160.00	8 Classes

NON-COMPETITIVE SPORTS

Our recreational sports program supports children physically, mentally, emotionally, and socially. Providing children with the opportunity to be part of a group, learn fundamental movement skills, exercise, build confidence, and have fun!



BASKETBALL: 6-8 YEARS OLD

11905	Sept 14-Oct 26	Th	4:15-5:15pm	\$140.00	7 Classes
11920	Sept 17-Oct 29	Su	1:00-2:00pm	\$120.00	6 Classes
11974	Nov 2-Dec 21	Th	4:15-5:15pm	\$160.00	8 Classes
11975	Nov 5-Dec 17	Su	1:00-2:00pm	\$140.00	7 Classes

BASKETBALL: 9-11 YEARS OLD

11906	Sept 14-Oct 26	Th	5:15-6:15pm	\$140.00	7 Classes
11976	Nov 2-Dec 21	Th	5:15-6:15pm	\$160.00	8 Classes

BASKETBALL: 12-14 YEARS OLD

11908	Sept 14-Oct 26	Th	6:15-7:15pm	\$140.00	7 Classes
11973	Nov 2-Dec 21	Th	6:15-7:15pm	\$160.00	8 Classes



SOCCER: 6-8 YEARS OLD

11915	Sept 16-Oct 28	Sa	8:45-9:45am	\$120.00	6 Classes
11977	Nov 4-Dec 23	Sa	8:45-9:45am	\$160.00	8 Classes

SOCCER: 9-12 YEARS OLD

11918	Sept 16-Oct 28	Sa	10:00-11:00am	\$120.00	6 Classes
11978	Nov 4-Dec 23	Sa	10:00-11:00am	\$160.00	8 Classes



BADMINTON: 9-11 YEARS OLD

11924	Sept 15-Oct 27	F	5:15-6:15pm	\$140.00	7 Classes
11972	Nov 3-Dec 22	F	5:15-6:15pm	\$160.00	8 Classes

BADMINTON: 12-14 YEARS OLD

11925	Sept 15-Oct 27	F	6:15-7:15pm	\$140.00	7 Classes
11971	Nov 3-Dec 22	F	6:15-7:15pm	\$160.00	8 Classes



TRI-SPORT

Build foundational sport skills in soccer, basketball, and badminton while developing self-confidence and a love of sport!

6-8 YEARS OLD

11919	Sept 16-Oct 28	Sa	11:15-12:15pm	\$120.00	6 Classes
11922	Sept 17-Oct 29	Su	2:15-3:15pm	\$120.00	6 Classes
11983	Nov 4-Dec 23	Sa	11:15-12:15pm	\$160.00	8 Classes
11984	Nov 5-Dec 17	Su	2:15-3:15pm	\$140.00	7 Classes

9-11 YEARS OLD

11923	Sept 17-Oct 29	Su	3:30-4:30pm	\$120.00	6 Classes
11985	Nov 5-Dec 17	Su	3:30-4:30pm	\$140.00	7 Classes