

## **Home Alone Preparation Course**

*A readiness program presented by the YMCA of Regina.*

- Is your child ready and willing to stay home alone?
- Are you ready for your child to stay home alone?

The YMCA of Regina has developed a program that provides you and your child with valuable information in preparation for the next step on the road to independence.

In two, two-hour sessions, this certificate program will help build your child's self-confidence, a sense of responsibility, and decision-making abilities through a fun and interactive environment of role play and discussions.

This program is open to children ages 10 years and up.

### **Program Costs:**

**Members-\$35.00**

**Non-Members-\$40.00**

### **Readiness Indicators:**

- Does your child want to be on their own?
- Is your child confident to be alone in the house?
- Can you depend on your child to follow the house rules?
- Can your child deal with unexpected situations in a positive way?
- Can you rely on your child to tell the truth?
- Is your child self-motivated?

**We offer the Home Alone Preparation Course at our northwest YMCA facility once a month. We also have the capacity to partner directly with a school or community organization and offer special pricing for large group enrollments. For more details, please contact Christal Himmelspeck at [christal.himmelspeck@regina.ymca.ca](mailto:christal.himmelspeck@regina.ymca.ca)**

### **Registration Process:**

Spaces are limited at our northwest courses. Registration is accepted on a first-come, first serve basis. To reserve your child's spot, please call 306-757-

9622 or log in to your Active Net account. Payments must be made upon registration.

**Contact:** Christal Himmelspeck- [christal.himmelspeck@regina.ymca.ca](mailto:christal.himmelspeck@regina.ymca.ca)

**Please Note:** The Home Alone Preparation Course is offered to help parents prepare their child for being home without parental supervision; however, even upon course completion parents must use their own discretion as to whether their child can be left home alone, and if so, for what duration of time.

### **Babysitter's Course**

In three, two-hour sessions, this certificate program will help build your child's self-confidence, a sense of responsibility, and decision-making abilities through a fun and interactive environment of role play, firsthand experience and discussions.

This program is open to children aged 11 years and up.

#### **Program Costs:**

**Members- \$50.00**

**Non-Members- \$80.00**

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