



HUB-A-WEEN

at the **HUB**

Tuesday, October 31 | 9am–3pm

North Central Edmonton Family Resource Network

● October
2023

● 11510 153 Ave, Edmonton, AB T5X 6A3
780-377-3730 | infohub@ymcanab.ca

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FRN Hours of Operation*

Monday-Thursday 9am–8pm
Friday-Saturday 9am–4pm



*HUB phone lines are open

Your North Central Edmonton FRN has a Facebook Page now!



<https://www.facebook.com/northcentraledmontonfrn>



FOLLOW
the North Central
Edmonton Family
Resource Network for
FREE
family events
and workshops!

What's New

with our North Cental Edmonton Family Resource Network?

BOYS & GIRLS CLUB



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters of Edmonton & Area

Volunteers Needed for Community Mentoring

The PRISM program (Pride, Respect, Identity, Safety, Mentoring) pairs adult volunteers who identify as 2SLGBTQ+ with a mentee who also identifies as 2SLGBTQ+. One mentor (Big) and one mentee (Little) spend time together building a friendship based on trust, support, common interests, and fun! Through regular outings, the match will foster a supportive, empowering, and fun friendship! PRISM matches provide role models for 2SLGBTQ+ youth and help foster pride and confidence. The PRISM program helps youth create connections within Edmonton's 2SLGBTQ+ community and it offers youth a safe adult to have conversations with.

Club Programming:

Londonderry Club is one of nine clubs run by BGCBigs. Our clubs are safe and fun places for kids to go after school and during the summer. They provide kids with opportunities to connect with positive role models and peers, enjoy a healthy meal, and explore our core program areas: arts and culture, physical activity, health and nutrition, academic support, personal growth, empowerment, life skills,

and leadership. Londonderry club is located at 14540 72 St. The Londonderry Club is our newest club, having opened in fall 2022 in partnership with the Africa Centre. It serves children aged 6 to 17. Londonderry Club offers after school programming on Tuesday from 3:30-7:00, Wednesday from 3:30-8:00 and Thursday from 3:30-7:00. Tuesday is regular programming, Wednesday is their gym night and Thursday is teen night! After school programming provides fun filled activities, academics, and social emotional learning. If you're interested in learning more and getting involved, please visit <https://bgcbigs.ca/>

For any further questions, please contact Liz Voy at liz.voy@bgcbigs.ca or 587-930-703



Creating Hope Society



Creating Hope Society of Alberta
An Aboriginal home for every Aboriginal child in care by 2025



Visit Creating
Hope's website

Culture Camp happening August 18–21. This is an amazing opportunity for Indigenous Boys (14–18), to have an immersive experience where they learn more about their culture through hide-scraping, bush crafting, traditional games, sewing + beading, traditional medicine education and more! The registration form provides an in-depth explanation about the intention behind the camp, and more explanation about what to expect.

If you have any inquiries or questions please reach out to Ambrose at IBMT1@creatinghopesociety.ca or 587-588-8717

KARA Family Resource Centre



Visit KARA's
website

In 1984, KARA Family Resource Centre was formed by a group of representatives from 16 community organizations seeking a way for community members to provide positive support and resources for families. KARA effectively opened its doors January 1st, 1985 and has been offering parenting programs, services and support to families ever since.

KARA's original focus was on low income, single mothers but has since evolved to providing a safe, supportive, non-judgmental space for clients of all socio-economic backgrounds and family structure. At KARA, we build meaningful relationships with clients, "meeting them where they are at" in their current life and family circumstance, offering parenting education, family support, early childhood developmental screening, and information and referral services. KARA strives to create safe and inclusive experiences that support clients in their parenting and family life.

Call for Baby Cuddlers



WEDNESDAYS
NOVEMBER 1 - DECEMBER 6
5:30PM-7:00PM
CHILDMINDING FOR AGES 0-2YRS

Call Stasia for more information
on this volunteer role:
587-525-7430





OCTOBER MADNESS

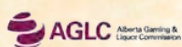
ALL AGES

MONDAY OCT 16, 23, 30
11AM - 12PM

KARA 6717 132 Ave. NW

Enjoy this autumn by making memories with those close to you. Autumnal activities are more fun when you're surrounded by other families. From carving pumpkins, to making curious concoctions, and even dressing up in a fun costume, we have lots of exciting things planned for your whole family! We hope to see our families come join us each week on Monday from 11am-12pm and bring their autumn spirit!

Use the QR code to
register or phone
780-478-5396



PD Days At KARA

Fri. Oct. 20



Ages 6-12
With lunch served!

9:30pm - 12:00pm

KARA Main, 6717 132 Ave NW

Free to attend!
Please register in advance
using the QR code
or phone 780-478-5396



Prenatal Wellness

(WITH CHILDCARE)

Wednesday Oct 25 - Dec 13

1:00pm - 3:00pm

KARA, 6717 132 Ave NW

This program welcomes all expecting moms. You will learn valuable tips and tricks from our amazing guest speakers. Some past topics have included: postpartum care, car seat safety, nutrition, and money tips. Every second week indulge in some much needed pampering!

Childcare will be provided for children 0-6 yrs.



Use the QR code to register
or phone 780-478-5396



YMCA Family Connect Programs



September Workshop Highlights

Triple P: Fear-Less

Begins: Thursday October 12, 4:00pm – 5:30pm (6 class program)

Fear-Less Triple P supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children.

WHO IS IT FOR? This is an intensive intervention suited to parents or caregivers of children aged from 6 to 14 years who have moderate to high levels of anxiety that negatively impact on everyday functioning.

Nobody's Perfect

Begins: Wednesday October 18, 11:30am – 1:00pm (4 class program)

Trained facilitators offer Nobody's Perfect using a participant-centered, strengths-based approach, in line with the concepts of adult learning.

Within a group setting, parents participate in facilitated sessions that:

- Promote positive parenting
- Increase parents' understanding of children's health, safety and behavior
- Help parents build on the skills they have and learn new ones
- Improve parents' self esteem and coping skills

- Increase self-help and mutual support
- Bring them in contact with community services and resources
- Help prevent family violence

Nobody's Perfect is a facilitated parenting program for parents of children from birth to age five. The program is designed to meet the needs of parents who are young, single, and/or socially isolated.

Debt Smarts

Saturday October 28, 1pm–2:30pm

These award-winning workshops provide financial education to community members. This course in particular will be focusing upon:

- Tips to manage your debt
- When it makes sense to get a consolidation loan
- About the difference between consumer proposal and bankruptcy

WHO IS IT FOR? Anyone interested in increasing their knowledge, skills and confidence to make the right financial decisions for themselves

What is LGBTQ+?

Saturday October 28, 2:45pm – 3:45pm

This informal presentation (Given in partnership with OUTLOUD St. Albert) gives a low pressure introduction to understanding the language surrounding the LGBTQ+ community. As well, there will be a Q and A session where any questions can be answered that weren't covered by the presentation.

WHO IS IT FOR? This presentation is suitable for all audiences as it can be customized to be age appropriate for whomever is in attendance that would like to know about the LGBTQ+ community.

OCTOBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

OCTOBER
at a glance!

MONDAYS

KARA Frc: Fall Foragers | October 16, 23, 30 | 10–11am

Caregiver Resilience: Building Better Boundaries | October 3 | 2:30–3:30pm
 Rainbows L4 (12 – 14yr) | October 3, 10, 17, 24 | 4:45–5:45pm
 Spectrum L2 (15 – 17yr) | October 3, 10, 17, 24 | 6–7pm
 Prism (Caregivers) | October 3, 10, 17, 24 | 7:15–8:15pm
 Wellness for Teens: Resilience | October 10 | 1–2pm
 Caregiver Resilience: Anxiety | October 10 | 2:30–3:30pm
 Caregiver Resilience: Loneliness and Isolation | October 17 | 2:30–3:30pm
 Wellness for Teens: Living Authentically | October 24 | 1–2pm
 Caregiver Resilience: Living Authentically | October 24 | 2:30–3:30pm

TUESDAYS

WEDNESDAYS

Mothers Matter | October 4, 11, 18, 25 | 9–11am
 Triple P: Fear-Less | October 4, 11 | 11:30am–1pm
 Nobody's Perfect | October 18, 25 | 11:30am–1pm

Active Parenting for Teens | October 5, 12 | 1–3pm
 Whole Brain Child | October 5 | 5–6pm
 Circle of Security Parenting | October 5, 12, 19, 26 | 6:30–8pm
 Triple P: Fear-Less | October 12, 19, 26 | 4–5:30pm
 Cooperative Co-parenting Through Separation and Divorce |
 October 19, 26 | 1pm–3pm

THURSDAYS

FRIDAYS

KARA Frc: COW Corner | October 6, 13, 20, 27 | 9am–11am
 Teen Triple P: Primary Care | October 6, 13, 20, 27 | 12–1pm
 Triple P: Primary Care | October 6, 13, 20, 27 | 1:30–2:30pm
 Early Literacy | October 6, 20 | 3–4pm
 Grandparents are Great | October 13, 27 | 3–4pm

Dads Discussions | October 14, 28 | 9–11am
 Dealing with Family Substance Abuse | October 14 | 11:30am–12:30pm
 Identity and Gender Expression | October 14 | 1:30–2:30pm
 Financial Literacy for Teens | October 14 | 3–4pm
 Grief Triage | October 28 | 11:30am–12:30pm
 Financial Literacy "Debt Smarts" | October 28 | 1–2:30pm
 Mindfulness for Families | October 28 | 1:30–2:30pm

SATURDAYS



Active Parenting for Teens

**YMCA Family Connect Caregiver Education*

ABOUT THIS CLASS

For parents of preteens and teens, this program provides parents with the skills needed to use effective discipline, teach responsibility and communicate with their children. Each session shows parents how to handle sensitive issues such as drugs, sexuality and violence.

Registration is required,
refreshments will be provided.

WHERE?

Castle Downs Family YMCA

11510 153 Avenue, Edmonton, AB T5X 6A3

Sessions are **FREE**
and offered regularly



To register visit
ymcanab.ca/familyworkshops

* Proud Partner of the North Central Edmonton
Family Resource Network (HUB)



Funded by:



For more information,
contact a navigator

P. 780-377-3730

E. infohub@ymcanab.ca



Circle of Security

**YMCA Family Connect Caregiver Education*

This parenting model is relationship-based, rooted in attachment theory. In essence, enhancing the caregiver/child bond results in greater security and reduced problem behaviors. Our program underscores that it's never too late for caregivers to acquire new skills, recognizing that no caregiver is perfect, but they all strive to be the best for their child.

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refreshments will be provided.

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Kids Have Stress Too

**YMCA Family Connect Caregiver Education*

ABOUT THIS CLASS

We all know being a parent can be stressful, but kids have stress too! Learn the signs for their stress and learn how to deal with that stress together.

From teaching basic emotion words to problem solving and more, these presentations help you to help your kids with their stress.

Registration is required,
refreshments will be provided.

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Nobody's Perfect

**YMCA Family Connect Caregiver Education*

ABOUT THIS CLASS

Nobody's Perfect is for parents of children ages birth to five. This program is designed to meet the needs of parents who are young, single, socially or geographically isolated. This is a place to discuss what parents want to learn, in a safe place with other parents with whom they share the common interests with.

We give parents a safe place to meet others with children of the same age and with whom they share interests & concerns.

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Rainbows Grief Support Groups

**YMCA Family Connect Caregiver Education*

ABOUT THIS CLASS

Rainbows™ is an internationally acclaimed peer-support program offered to children and families, to help them cope with grief due to divorce, separation, death or abandonment.

Children have an opportunity to grieve the loss in their family and develop appropriate coping skills for life. The process involves weekly meetings with a trained facilitator in small groups of no more than five children.

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Triple P Parenting **Fear-Less Workshop**

Positive Parenting Program

**YMCA Family Connect Caregiver Education*

Fear-Less isn't about eliminating fear altogether - sometimes, fear protects us. Instead, it's about giving your family a toolbox of strategies, skills and knowledge to manage anxious feelings and unnecessary worrying. This workshop is targeted for caregivers of children from 6 to 14 years.

WHAT WE WILL DISCUSS

- ▼ Anxiety - What is it and how does it develop?
- ▼ Promoting emotional resilience
- ▼ Strategies for responding to your child's anxiety

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E. infohub@ymcanab.ca



TRIPLE P

Positive Parenting Program

**YMCA Family Connect Caregiver Education*



The Positive Parenting Program gives you tips and ideas to bring out the best in your children. Learn the best ways to positively manage the behaviours you do like. Meet other parents in similar situations. Parents who can support you and share their stories.

TRIPLE P IS:

- ▽ open to families with **children ages 0–17**
- ▽ for **every parent** whether you have a specific problem, or are just looking for advice on common, everyday issues
- ▽ group sessions provide easy to use tips and new ideas that will help you build confidence and **new skills**

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P. 780-377-3730

E. infohub@ymcanab.ca



Whole Brain Child

**YMCA Family Connect Caregiver Education*

ABOUT THIS CLASS

Where is the instruction manual for understanding kids from birth through their teen years? Unfortunately, such a manual does not exist, but this 5-course series will dive deeply into a child's brain to help you, as a caregiver, better understand their perspective and development.

Registration is required,
refreshments will be provided.

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YMCA Family Connect Programs



YMCA Family Connect Family Supports Program

Family Connect is a voluntary, early intervention support program that provides support to families with children 7–18 years old to strengthen family functioning. Parents are supported to create a nurturing and safe family environment, build resiliency within themselves and their children, build new social connections, and learn about positive parenting and child development.

Free Services

All services offered as part of the Family Connect are completely free:

- Supportive counselling and goal setting
- In-home support
- Parent education
- Family interactive programming and activities
- Personal and family advocacy
- Information and referrals to additional resources

For more information or to set up an appointment please call 780-377-3730.



Home Visitation

Family Connect provides support to parents-to-be and families with children from 0 to 6 years. Services may be provided a few times per week depending on the needs of the family.

Entrance Criteria

Entry to the program is voluntary and free of cost. Families are empowered to set their own goals and make positive decisions on their own with the ongoing support of their program worker. This program supports single parents, guardians and caregivers for a holistic home support.

For more information or to set up an appointment, please call 780-377-3730.

What's New at the Hub?

Navigation

Our navigators are knowledgeable about community programs, services and manage in person, phone, email, and web inquiries. Our navigators provide information and referrals based on an initial assessment and connect children, youth, parents/caregivers to the appropriate service or community program. Call us at 780-377-3730 or email us at infohub@ymcanab.ca

Food Bank

The North Central Edmonton Family Resource Network is a food bank depot on Tuesdays from 3–5pm. To access this support if you are in need, please speak to a navigator by calling 780-377-3730

Family Centre: Rapid Access Counselling

Providing you and your family with a supportive, change-focused conversation at the right time. This service is tailored to support caregivers and children with a focus on healthy child development, supporting caregiver capacity, and promoting resilience within the family. It is anonymous, practical, affordable. It's available for individuals, couples and families at no cost to you. Appointments can be booked at the North Central Edmonton Family Resource Network by calling a navigator at 780-377-3730

Lending Library

The lending library will be open Thursdays from 4–7pm. We have books for children, youth and

adult books and games to work on specific skills or to play as a family. Sign out an item and play it while your children are in swim lessons or playing in the gym. Want to read it all? Had fun playing the game? Take it home for 2 weeks and then bring it back and take out something else.

Health for Two

Health for two is a free program for pregnant women who need extra support to have a healthy pregnancy. You can also receive resources such as prenatal vitamins, milk coupons and bus tickets to get to prenatal appointments. This program is offered in partnership with Alberta Health services. For more information call us at 780-377-3730 or email us at infohub@ymcanab.ca

Developmental Screenings

Join the navigators on Mondays between 9–11am and 1–3pm. Navigators will be available to support you in completing and ASQ questionnaire that screens 5 key categories — communication, problem solving, fine motor, gross motor, and social.

As follow up, the navigator's will provide tips and activities to try at home or refer participants to services and programs that will be helpful.

For More Info: Call 780-377-3730 for more info or to make an appointment.

What's New at the Hub?

Hullabaloo Photo Recap





HUB-A-WEEN PARTY

Tuesday, October 31 | 9am–3pm | Free

WHAT IS HUB-A-WEEN?

Join us at the North Central Edmonton Family Resource Network (FRN HUB) for a memorable day of halloween-themed family fun! All are welcome. Activities are planned for families with children under the age of 6.

Please come and
show off your costumes!

What to expect:

- Fun activities
- Halloween crafts
- Costume photo area

& much, much more!



Castle Downs Family YMCA

11510 153 Ave NW
(780) 377-3730

What's happening at the YMCA?

Prospering Families Project — *If child care is your main barrier to finding or increasing employment, we can help!*

Prospering Families Project, operating out of Castle Downs Family YMCA, is a 6-month stepping stone designed to help unemployed and under-employed families gain stability with access to flexible child care hours. Participants receive:

- Paid child care for the first 3 months, then 50% subsidy for 3–6 months and the option to continue at regular price after that point
- Extended child care hours to accommodate different types of work hours: 10:30am–9:30pm Monday–Friday and 8:30am–5:30pm on Saturdays
- Transportation from school to Castle Downs Family YMCA, with costs covered up to \$50/month
- Employment support and services
- Family support, services and much more

If you think your family could benefit from this program, contact our team to complete an intake assessment today!

Learn more:

pfp@ymcanab.ca
587-712-5756



City Councilor Community Engagement

Come speak with the city Councilors on October 21st from 9am–3pm at the Castle Downs Family YMCA.

**A charity
igniting the
potential in
everyone.**



Northern
Alberta

Shine On



*FREE
Upcoming
Virtual
Workshop*

Compassionate Discipline

by The Institute for
Child Psychology

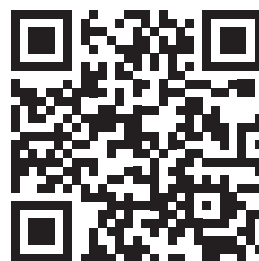
**Monday, October 23
10am–12pm**

Join us on Zoom



Shine On

A Registered Psychologist
Registered Play Therapist will
guide parents and caregivers
through effective discipline
strategies that honor the
relationship with their child
and foster neurological
development. All strategies are
science-informed, evidence-
based, and practical for
parenting children.



Register at
ymcanab.ca/workshops

YOUTH TRANSITIONS PROGRAM WORKSHOP MENU

Anger Management

- *Defining and understanding anger*
- *Personal values, goals, and beliefs*
- *Patterns of anger/ triggers*
- *Practice part 1*
- *Practice part 2*
- *Communication skills - general, and when in anger*
- *Dealing with the aftermath of anger*

How To Adult

- *Emotional wellbeing*
- *Self care*
- *Nutrition*
- *Communication*
- *Healthy relationships*
- *Employment*
- *Financial literacy*
- *Education*
- *Housing*
- *Time management*

Learning To Breathe

- *Body*
- *Reflections*
- *Emotions*
- *Attention*
- *Tenderness*
- *Habits*

You Can Go (post-secondary prep)

- *Post secondary - mental health*
- *Post secondary - relationships*
- *The path forward*
- *College tours*

*** Workshops have both virtual and in-person options available**

For further information, please contact:

Taro Hashimoto - Edmonton

780.906.4400/taro.hashimoto@ymcanab.ca



EARLY LITERACY



Preschool Problem Solvers (Ages 4 to 5)

Thursdays 10:30 a.m. to 11:00 a.m.

New class added

Thursdays 11:30 a.m. to 12:00 p.m.

Starts September 7th

Getting your child ready for preschool? Looking for opportunities that help build school skills and encourage independence?

Preschool Problem Solvers introduces shapes, numbers, colours and classroom behaviour to children aged four to five. In this class, they will dance, sing, investigate and have fun! Parents may choose to participate or let their child attend solo. *All parents must remain in the library for the duration of the 30 minute class.*

Register once for all six weeks.

Scan here to register:



Castle Downs Library **Phone:** (780) 496-1804

Address: 106 Lakeside Landing, 15379 Castle Downs Rd, Edmonton, AB T5X 3Y7



LIFE SKILLS CLASSES

Level Up Your Career: Resume and Cover Letter Development

Sunday, October 22

1:00 p.m. – 4:00 p.m.

Have you ever wondered how to make a strong resume or struggled with where to begin? Join BGS Ventures, in-person, for a 3-hour workshop that will help Job Seekers create professional resumes.

The resume is one of the strongest tools in our "Job Search Toolkit" that we use to market ourselves to our employers. It is more than a mere document and done right, the resume will highlight both your soft and technical skills and communicate to our employers our ability to contribute to the success of their company. This workshop will support job seekers in learning how to develop an effective resume that will help to ensure their success in gaining an interview.

By the end of the workshop, participants should walk away with:

- Knowing the purpose and components of a strong resume
- The Do's and Don'ts of resume development
- How to target resumes
- Having completed a template for BGS Ventures to use to type a polished and professional resume for them

Please contact BGS Ventures at 780-425-6655, or visit <https://tinyurl.com/23b95fzu>, to register. Maximum 15 participants. Limited drop-in registrations may be available the day of the workshop, but registering in advance guarantees your spot.

Castle Downs Library **Phone:** (780) 496-1804

Address: 106 Lakeside Landing, 15379 Castle Downs Rd, Edmonton, AB T5X 3Y7

What's happening in your city this month?

TIP — Open your phone's camera, hover over the QR code, and tap on the link for tickets and more information.

Edmonton Corn Maze

This year's corn maze at is a special tribute to the Royal Canadian Mounted Police (RCMP) as they mark their 150th anniversary. The maze design features the iconic RCMP 150 logo, with the Mountie proudly saluting. It's an opportunity for visitors to recognize and honor the invaluable role the RCMP has played in shaping Canadian history and serving our communities across Alberta.



This year's maze design is both an amazing aerial view as well as a challenging maze. Though the correct pathways can be walked in under 30 minutes, most directionally challenged visitors – adults and children alike – will require about one hour to travel through the maze of more than 5 km of twists and turns and 85 decision points.

Other Activities include Spud Guns, Air Powered Potatoe Launchers, Corn Cob Express, Jumping Pillows, Pedal Carts, Farm Animals, Picnic Spots, Farmcade Games, farm market and more!



Kiwi Nurseries Haunted House



Are you ready for a spooktacular Halloween? Join the fun for the annual Kiwi's Haunted House! Explore in the haunted nursery and see our trail system and growing house transformed for this eerily good time!

October 13th, 14th, 19th, 20th, 21st, 26th, 27th, 28th and 29th from 6:00-9:00pm each evening.

The best time to visit with small children is during 6-6:30pm, for a child-friendly walk through the trail.

Admission is \$6.00 per person, or a food bank donation per person. Tickets will include a small commemorative flashlight, and children under the age of 10 are free.



Parent Corner

Recipies, advice and more...

RECIPE OF THE MONTH

Chicken a la king

10min prep
20min cook
4 servings.

12 INGREDIENTS

4 Method Steps

- 1 tbsp vegetable oil
- 500g Coles RSPCA Approved Chicken Thighs, cut into 3 pieces
- 1 small brown onion, finely chopped
- 200g swiss brown mushrooms, quartered
- 60g butter
- 50g (1/3 cup) plain flour
- 1/2 cup white wine
- 250ml Massel Liquid Stock Chicken Style
- 300ml cooking cream
- 1 cup frozen peas
- 100g chargrilled capsicum, finely chopped
- Cooked rice or fettuccini pasta, to serve

Step 1

Heat oil in a large, deep frying pan over a medium high heat. Add chicken. Cook for 3-4 minutes or until browned on all sides. Transfer to a plate.

Step 2

Add onions to pan. Cook for 1-2 minutes or until softened. Add mushrooms. Cook, stirring occasionally, for 2-3 minutes. Transfer to chicken on plate.

Step 3

Heat butter in pan until foaming. Add flour. Stir to form a paste. Cook for 1-2 minutes or until golden in colour. Add wine and stock. Whisk until smooth. Whisk in cream (see recipe notes). Return chicken and mushrooms to pan with peas. Simmer, stirring occasionally, for 5 minutes. Stir in capsicum and remove from heat.

Step 4

Serve with cooked rice or fettuccini pasta.

Parent Corner

Tip of the Month

Because cold turkey isn't realistic: How to reduce your child's screen time

Minimizing screen time

Most devices have parental controls that allow you manage how long your child uses a screen and what they can access. To learn more about parental controls and setting screen time limits on various devices, you can do a quick internet search. You can also check out this article. Here are some other suggestions for minimizing screen time for your child:

Make sure there are no TV shows playing in the background throughout the day or evening. It can become a habit to have the television on during the day, especially when we're at home with young children. But a simple way to limit screen time is to turn the television off and save TV-watching for high-quality entertainment or for family time at the end of the day. You can find more information about age-appropriate TV shows, movies, video games, and more for your entire family on Common Sense Media.

Prioritize screen-free meal times

This one sounds obvious, but it's a very simple way to set limits on screen time. When you're at the dinner table, no scrolling on or staring at screens. It's a great time for the whole family to interact, face to face, instead. As long as you make this a rule and are consistent with it, this can be an easy hour out of each day that is automatically screen-free. For a free poster related to this simple rule, check out our Easy Habits page.

Be a role model

It can be hard to follow your own advice, but part of the solution is to do as you say! Put your smartphones and other electronic devices away, perhaps even in another room, when you're spending time with your family. You can save the screen time for when you're not all together, like after the kids have gone to bed.

Avoid screen time one hour before bed

If you set a firm rule that screens are not allowed after a certain time at night (say, one hour before bedtime), your kids will come to understand that this is a family rule that has to be followed. If you allow screen time at other times during the day, but not at night, you're still allowing for some flexibility with devices, and at the same time, you'll still be limiting their screen time.

When possible, head outside

One of the best ways to have young children forget about their screens is to do something fun outdoors instead. Even better if you can do it together. What about a family walk to the local playground or park to play? Maybe a bike ride (possibly with a fun destination in mind). How about a scavenger hunt? This outdoor sensory scavenger hunt is always a hit with little ones! There are so many things kids can do outside on their own, or you can do together as a family.

Seven Halloween Activities for Kids

Every Mummy and Dead-y know that Halloween is a holiday that's made for kids. Here are 10 at-home Halloween activities you can do with your kids to get into the spirit of the season. From making a bubbling witch's brew or a puking pumpkin to spooky and tasty treats, baking soda is your secret ingredient to bring these activities to life! Mwahahaha!

1. How to Make a Spooky Lava Lamp

You can make a lava lamp any time of the year, but you can make it extra spooky for Halloween fun with the colors you choose or making it glow under a black light. Red gel food coloring will help your lamp look as if it contains drops of blood. Glow in the dark food coloring will create a fun effect for your black light bulb and other spooky décor. It's easy to make again and again so you can try different combinations.

Ingredients & Supplies

- 3 tablespoons of ARM & HAMMER™ Baking Soda
- Vegetable oil
- Vinegar
- Food coloring of choice – try glow in the dark coloring for extra spooky fun
- Clean large empty bottle
- A smaller container – for more Halloween fun, try a round potion bottle
- Spoon or some item to mix with

Directions

1. Add 3 large tablespoons of baking soda to your large container. The larger the container, the easier it is to see the bubbles move around.
2. Fill two-thirds of your container with the oil. Do not try to mix the oil in with the baking soda.
3. Portion out enough vinegar to fill the last third of your large container and pour it to a smaller cup or container. Then, add three drops of your chosen food coloring.
4. Slowly add the vinegar and food coloring mix to the large container and your lava lamp will bubble up and spring to action! The vinegar reacts with the baking soda to create carbon dioxide bubbles that float through the oil.
5. Place it on the table with a UV black light nearby and marvel at your mad scientist creation!
6. A smaller container – for more Halloween fun, try a round potion bottle.
7. Spoon or some item to mix with.

2. Release Your Inner Ghostbuster by Making Glow-in-the-Dark Slime

"Who ya gonna call?" might be a Ghostbusters phrase at Halloween, but you don't need to be a paranormal scientist to help your child get slimy. With ARM & HAMMER™ Baking Soda, you can create glow-in-the-dark slime that provides awesome and otherworldly fun for you and your child! Just hit the lights and let the oozing begin with this ectoplasmic slime.

Ingredients & Supplies

- 1 ½ tablespoons of ARM & HAMMER™ Baking Soda
- 12 oz. school glue (regular or glow in the dark)
- 2 or more tablespoons of saline contact solution
- Small plastic or glass storage container

Parent Corner

Monthly Activity

- Washable glitter paint (optional)
- Beads, nonadhesive gemstones and glitter (glow-in-the-dark optional)
- Saline contact solution

Directions

1. Pour all 12 oz. of glue into storage container.
2. Add the 1 ½ tablespoons of baking soda to the container and stir.
3. If you're using it, add a few drops of the washable glitter paint until it turns the desired color.
4. Add 2 tablespoons of saline contact solution. You can add more and eyeball when the slime gets the right consistency.
5. Add beads, nonadhesive gemstones and glitter.
6. Place your substance in "indirect" sunlight so you can maximize the glow. Try turning off all the lights after you have "charged" your slime!

3. Brittle Bones Become Skeleton Candy!

Skeletons are a staple at Halloween. Naturally, so are candies and sweets. Why not blend the two? With ARM & HAMMER™ Baking Soda, you can have a delicious hard candy that looks like a pile of broken bones. Use this fun Halloween activity when you want to turn your secret ingredient trick into a real treat!

Ingredients & Supplies

- 8-by-8 metal or glass baking pan
- Medium-sized saucepan
- Parchment Paper
- 2 teaspoons of ARM & HAMMER™ Baking Soda
- 1 cup granulated sugar
- 2 tablespoons honey

- ¼ cup corn syrup (or substitute more honey or Golden Syrup)
- ½ cup water
- Cooking thermometer (preferably candy thermometer)

Directions

1. Line 8 x 8 pan with parchment paper.
2. Add sugar to saucepan, followed by honey, corn syrup and lastly water.
3. Cook your mixture over medium-high heat for 5-10 minutes. Cook until the mixture reaches 300°F, checking temperature with thermometer.
4. Remove the pan from the heat and add 2 teaspoons of baking soda then whisk for 5 seconds. The mixture should begin to bubble. Once the foaming stops, pour into your prepped 8 x 8 pan.
5. Set aside and cool for an hour to allow to candy to harden. Break candy using hands or ask a grown up for help.
6. Make a "bag of bones" by placing different piles of the candy into different receptacles.

4. Spin Webs and Bake Delicious Spider Cookies

What's Halloween without jack-o'-lanterns, hanging ghosts, and creepy spiders and their webs around tombstones and in every corner? Here are some not-so-spooky (and super yummy) spiders that are fun to make with preschoolers and delicious to eat for all ages this Halloween. Use pure ARM & HAMMER™ Baking Soda to get the proper snap in this recipe for googly-eyed spider cookies. They're a spooky spin on peanut butter blossom cookies and are perfect for little ghouls and boys to make with their mummies or daddies!

Parent Corner

Monthly Activity

Ingredients & Supplies

- For the cookie dough:
- $\frac{3}{4}$ teaspoon ARM & HAMMER™ Baking Soda
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{2}$ cup packed brown sugar
- $\frac{1}{2}$ creamy peanut butter
- $\frac{1}{2}$ cup butter or margarine, softened
- 1 egg
- 1 $\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon baking powder
- Extra granulated sugar

Toppings

- 72 chocolate malted balls
- 72 candy eyes
- Melting chocolate
- Additional items
- Large mixing bowl
- Mixing utensil, ideally electric mixer
- Cookie sheet
- Cooling rack

Directions

1. Preheat oven to 375°F.
2. In a large bowl, beat $\frac{1}{2}$ cup (each) granulated sugar, brown sugar, peanut butter, butter and egg with spoon or electric mixer until well blended.
3. Stir in flour, baking soda and baking powder until dough forms.
4. Roll dough into 1-inch balls and coat them in the additional sugar. You should be able to form about 24-36 balls (cookies).
5. Place balls 2 inches apart on ungreased baking sheet.
6. Bake 8-10 minutes at 375°F until edges are brown.
7. Transfer cookies to cooling rack. Use a small utensil to put in indent in the middle of each

cookie.

8. Melt the chocolate.
9. Once cooled, pipe chocolate dots in the indented spaces and place the malted milk balls on top of the dot.
10. Add candy eyes with frosting and pipe legs to bring the spiders to life!
11. Continue cooling and allow toppings to harden, then chow down!

5. Turn Your Jack-o-lantern into a Puking Pumpkin!

What's Halloween fun without a few squeals and shouts of "ewwww!" After you carve your jack-o-lantern, extend the activity and have some spooky fun by making your pumpkin look like it's puking. Baking soda and vinegar are the basics for this oozy activity, but you can make your pumpkin vomit look even more gruesome by adding food coloring, plastic bugs or spiders, or chopped apples to make chunks.

Ingredients & Supplies

- Lasagna tray, cookie sheet or some kind of container to catch the reaction
- Pumpkin carved into a jack-o-lantern.
- $\frac{1}{4}$ cup of ARM & HAMMER™ Baking Soda, though use up to 1 cup (or more) for larger pumpkins
- $\frac{1}{2}$ cup of vinegar or lemon juice per $\frac{1}{4}$ cup baking soda
- Food coloring of your choice
- Dish soap

Directions

1. Clear out the guts and carve your favorite design into your pumpkin with a grown up help.
2. Add baking soda directly to the bottom of the carved pumpkin.

Parent Corner

Monthly Activity

3. For a larger and foamier reaction, add a squirt of dish soap on top of baking soda.
4. Add several drops of the food coloring to the vinegar or lemon juice. This will determine the color of your pumpkin barf.
5. Finally, pour in the vinegar and watch your jack-o-lantern ooze everywhere! The more baking soda and vinegar you use, the more your pumpkin will puke. This is a good Halloween activity to do outside!

6. Become a Potions Master with Baking Soda

Put on your wizard school robe and head down to your "dungeon" for potions class. Start mixing your vampire or werewolf repellent potions before Halloween arrives and the monsters come out to play.

Ingredients & Supplies

- If you have a cauldron or "skull" glass, go with that! Otherwise, any larger cup will do just fine
- At least 1 tablespoon of ARM & HAMMER™ Baking Soda
- $\frac{3}{4}$ cup of vinegar
- Multiple food colorings
- Separate cup or small container for mixing vinegar and food coloring
- Some kind of cookie sheet or pan to catch some of the foaming over

Directions

1. Add 1 tablespoon baking soda to your cauldron or glass of choice.
2. In your small cup or container, measure out $\frac{3}{4}$ cup of vinegar and add a few drops of food coloring.
3. Add the vinegar and food coloring to the baking soda for your performative potions to come to life.

4. Give high marks to your wizard school students!

7. Fizzy Sensory Bins with a Halloween Spin

Looking for a fun Halloween activity that's great for toddlers and preschoolers? Try your hand at a Halloween-themed sensory plan bin that's extra fun with bubbles and fizz. Little minds and hands will love watching the toys pop to the surface and to feel the carbon dioxide bubbles tickle their fingers.

Ingredients & Supplies

- Large plastic container that is shallow enough for kids to reach into but tall enough to cover the toys and hold the liquid
- 1 cup of ARM & HAMMER™ Baking Soda
- 1 cup of white vinegar
- Food coloring: You might want to choose one color in order to prevent mixing, otherwise you can add smaller containers (for each color) to your list of materials.
- Plastic spiders, pumpkins and other Halloween-themed figurines
- Turkey baster

Directions

1. Place the Halloween toys at the bottom of the bin.
2. Pour baking soda directly over the toys. Spread and cover thoroughly to "bury" them.
3. Choose a few locations for your food coloring and add drops accordingly.
4. Slowly pour in the vinegar and wait for your toys to bubble up toward the top of the bin!
5. For a greater reaction and more vibrant colors, add more baking soda and vinegar.
6. Let little fingers explore!

24/7 CRISIS & SUPPORT LINES

If you or someone you know is experiencing distress or is in crisis, please contact one of the following numbers, or call 911 if you are in immediate danger. Available 24/7.

Addiction Services Helpline — 1 (866) 332-2322

Help for problems with gambling, alcohol, tobacco and other drugs.

Bullying Helpline — 1 (888) 456-2323

Advice or support on bullying (bullyfreealberta.ca).

Child Abuse Hotline — 1 (800) 387-5437

Hotline to report child neglect or abuse.

Family Violence Info Line — 310-1818

Provides information, advice and support related to family violence.

Health Link — 811

Health advice from a registered nurse.

Income Support Contact Centre — 1 (866) 644-5135

Financial help for Albertans who do not have the resources to meet their basic needs.

Kids Help Phone — 1 (800) 668-6868

24/7 service offering professional counselling, information and referrals and support to young people.

Mental Health Helpline — 1 (877) 303-2642

Offers help for mental health concerns for Albertans.