



HULLABALOO

at the HUB

Saturday, September 7 | 10am–3pm

North Central Edmonton Family Resource Network

- September 2024
- 11510 153 Ave, Edmonton, AB T5X 6A3
780-377-3730 | infohub@ymcanab.ca
- **CLOSED**
September 2



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

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CLOSED

Monday, September 2

FRN Hours of Operation*

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



*HUB phone lines are open

Have you joined the North Central Edmonton FRN Facebook Page?



facebook.com/northcentraledmontonfrn



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



HULLABALOO

at the **HUB**

Saturday, September 7 | 10am–3pm

Join us at the North Central Family Resource Network (HUB) for a day of family fun!

A fun and informative day for families and caregivers who have children under the age of 18.

This event is FREE!

If you are a community partner that supports families with any type of services and would like to reserve a table, please contact infohub@ymcanab.ca for more details.

- Carnival Games
 - Bouncy Castles
 - Face Painting
 - Temporary Tattoos
- & much, much more!***



Castle Downs Family YMCA

11510 153 Ave NW
(780) 377-3730



Funded by:



What's New

with our North Central Edmonton Family Resource Network?

BOYS & GIRLS CLUB



Boys & Girls Clubs



Big Brothers Big Sisters

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

GAME CHANGERS is a site-based mentoring program designed specifically for male volunteers (16+) and male mentees!

Become a GAME CHANGER in the life of a young person today!

Did you know...

More than 700 young people are on our waitlist waiting to be matched with a volunteer mentor, and more than half of them are boys.

It's time to change the game. Together, we can get more boys off the waitlist.

This innovative new program makes being a volunteer mentor easy and is perfect for anyone looking to give back to their community while having fun!

Kinsmen Club

Kinsmen 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. Kinsmen club is located at 14803 88A Street. It serves children aged 6 to 17. Kinsmen Club offers after school programming Monday, Tuesday, Wednesday from 3:30–7:00, Thursday from 2:30–7:00 and Friday from 3:30–8:00. Please note that Friday is open later as they have teen night for those 13+ from 6:00–8:00. After school programming provides fun filled activities, academics, and social emotional learning. All programs offered at Kinsmen Club are free! To enroll, please visit our website <https://bgcbigs.ca/>.

Creating Hope Society



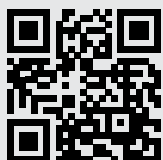
Visit Creating Hope's website

Creating Hope Society is a non-profit society established to recognize that the sixties and seventies child welfare scoop of Aboriginal children is a continuation of the Residential Schools era. We believe that it is time to halt the cycle of Aboriginal children being separated from their families and communities.

Why We Are Doing This?

Creating Hope Society is carrying forward a healing process, commenced for Residential School survivors, to those who are products of a Child Welfare system that has perpetuated the legacy of the Residential Schools.

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.

IgniteIndigenous

Youth Empowerment & Employment Conference



September 10-12, 2024

9:00 AM - 4:30 PM



102-10220 156 Street NW, Edmonton AB



The IgniteIndigenous, three-day youth conference aims to inspire and empower Indigenous girls and women (ages 21-29), preparing them with the confidence and enthusiasm to enter or re-enter the workforce.



**Get Employment
Ready**



**Community
Connection**



**Skill Building
Workshops**



Are you ready to enter the workforce but encountering barriers? Do you need support, want to boost your confidence, and build a network of resources and new friendships?

- Resume and cover letter help.
- Job search support.
- Improve interview skills.
- Meal planning.
- Leadership information.
- Motivational & entrepreneurial speakers.
- Financial planning.
- Crafting.
- Breakfast and lunch provided each day.
- Certificate of completion.

Scan the QR code to apply or visit bit.ly/esquao-september10

For questions or more information, email training@iaaw.ca or call
1-877-471-2171 (ext. 111). Limited spots available!

Deadline to apply: August 20, 2024



KARA Fall Program Guide

FREE PROGRAMS!

Parent Education
Family Nights
Children Programs
Youth Programs (6-12yrs)
Literacy Programs
Special events






***Find our Full
Guide Here!***

[www.kara-frc.com
/programs](http://www.kara-frc.com/programs)



Fall Programs

KARA Programs

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>LittleVan Gogh 0-6yrs 10am-11am Oct 7 - Dec 2 No Program November 4 at YMCA Castle Downs *Parented</p>  <p>Afterschool Adventures 6-12yrs 3:30pm-5:00pm Sept 16 - Dec 2 Break sept 30, Oct 14, Nov 4, Nov 11 at KARA-Too</p> <p>Triple- P Online Parent Education 6pm-8pm Sept 16 - Nov 25 Break Sept 30, Oct 14, Nov 11 Online</p> | <p>Learning Through Play 0-6 yrs 10am-11am Oct 1 - Dec 3 Break Nov 5 at Balwin Community League *Parented</p> <p>Parenting with a Purpose, Bright Minds Parent Education 9:30am-11:30am Sept 17 - Dec 3 Break Nov 5 at KARA Main</p> <p>Afterschool Adventures 6-12yrs 3:30pm-5:00pm Sept 17- Dec 3 Break Nov 5 at Dunluce</p> <p>Family Book Club Online With Centre for Family Literacy 3-6yrs 6:15pm-7:00pm Oct 1 - Dec 3 Online</p> |  <p>One-On-One Parenting support Oct 2 - Dec 4 1:00pm-3:30pm Break Nov 6 By appointment</p> <p>Family Evenings Dinner at 5pm Programs from 5:30pm-7:00pm</p> <p>Fall Festival Oct 2 - Oct 30 Whole Family activities and Games</p> <p>Kimochi Family Nov 13 -Dec 11 Kimochi Parent! (Parents) Rising Stars, LIT (6-12yrs) Kimochi Kids! (2.5-6yrs)</p> | <p>Little Talkers 0-6 yrs 9:30-11:30 Oct 3 - Oct 31 Break Nov 7 at KARA Main *Parented</p> <p>Parenting with a Purpose, Bright Minds Parent Education 9:30am-11:30am Sept 19 - Dec 5 Break Nov 5 at KARA Main</p> <p>Kids in the Kitchen 6-12yrs Session #1: Oct 2- Oct 30 Session #2: Nov 13 - Dec 11 2:45pm-4:30pm At KARA</p> <p>Afterschool Adventures 6-12yrs 2:30pm-4:30pm Sept 18 - Dec 5 Break Nov 7 at Dunluce</p> | <p>Story Sprouts With Centre for Family Literacy 0-6yrs 9:30am-11am Oct 4 - Dec 6 at YMCA Castle Downs *Parented</p> <p>Books & Bites 0-6yrs 10:00am-11:30am Sep 20 - Dec 6 Break Nov 8 at Dunluce *Parented</p> <p>Young Minds: Problem Solving 0-6yrs 10am-11:30am Oct 4 - Dec 6 at KARA-Too *Parented</p>  |

Register for FREE Programs:

Phone: 780-478-5396
Email: registration@kara-frc.ca
Web: www.kara-frc.com



PD Days At KARA

November 8



**Ages 6-12
with snack served!**

1:00pm-3:00pm

KARA Main, 6717 132 Ave NW

**Home Alone Course!
Kids in the Kitchen:
Teens**



WE'RE HIRING!

Casual Cook Position

Mondays, Sept 16-Dec 2

11:30am - 3:30pm

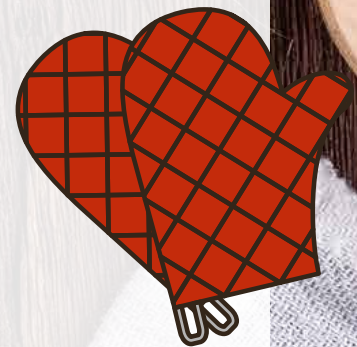
Responsibilities:

- Washing and prepping produce
- Preparing and storing snacks per program
- Lunch prep
- Kitchen cleaning
- Pantry Maintenance



Must have AHS Safe Food Handling certificate

Email: stasia@kara-frc.ca



YMCA Family Connect Programs



September Workshop Highlights

Triple P: Fear-less

Begins: Wednesday Sep 4, 6–8pm
(6-session class)

WHAT IS “Triple P: Fear-less”? Fear-Less Triple P is a specialized program designed to help parents and caregivers of children aged 6-14 who experience moderate to high levels of anxiety. The program equips parents with cognitive-behavioral strategies for anxiety management, encouraging them to apply these techniques to all their children, thus promoting emotional resilience and coping skills within the entire family. Fear-Less Triple P aims to reduce unnecessary fear and worry, teaching families how to manage anxious feelings effectively and become more confident.

WHO IS IT FOR? Any caregiver that wants to learn more about anxiety as well as how to support family members dealing with Anxiety.

Triple P: Family Transitions

Thursday Sep 5, 6–8pm
(5-Session Class)

WHAT IS “Identity and Gender Expression”? Join us for our welcoming “Identity and Gender Expression” seminar, where caregivers and curious individuals can learn about the Trans community in a relaxed, respectful environment. This introductory session will explore key

language and concepts, offer tips on supporting Trans and Non-Binary community members, and help ease anxieties about communication, setting you on a path to better understanding and allyship.

WHO IS IT FOR? Anybody that would like to learn about Identity and Gender expression and how to better support Trans and Non-Binary individuals.

Rainbows Peer Grief Support Groups

Begins: Monday Sep 9 & Tuesday Sep 10
Different times (10 meetings)

Mondays:

“Sunbeams” Ages 3–5: 4:30–5pm

“Rainbows Lv 1” Ages 6–8: 5:15–6pm

“Rainbows Lv 2” Ages 8–10: 6:15–7pm

“Rainbows Lv 3” Ages 10–12: 7:15–8:15pm

Tuesdays:

“Rainbows Lv 4” Ages 12–14: 4–5pm

“Spectrum” Ages 14–18: 5:15–6:15pm

“Prism” Parents: 6:30–8pm

WHAT IS “RAINBOWS PEER GRIEF SUPPORT GROUPS”? The Rainbows program is a peer support group for children, youth and adults grieving various types of loss, such as death, divorce, or family separation. It provides a safe and confidential environment for participants to share their feelings, build self-esteem, and learn coping strategies with the guidance of trained adult facilitators. The program aims to foster resilience, emotional healing, and a sense of community among grieving youth.

WHO IS IT FOR? Anybody ages 3 and up. Each group is separated via age cohort

YMCA Family Connect Programs



September Workshop Highlights

Circle of Security Parenting

Begins: Tuesday, Sep 10, 1–2:30
(8-session program)

WHAT IS “Circle of Security Parenting”? The Circle of Security Parenting (COSP) program is a structured, video-based initiative designed to enhance the attachment relationships between caregivers and young children, particularly those aged 0 to 5. This program, rooted in over 50 years of attachment research, guides caregivers in recognizing and responding to children’s emotional needs through a series of eight sessions that include reflective practices and group discussions. By fostering greater empathy, self-reflection, and emotional regulation, COSP aims to empower caregivers to create secure environments that promote healthy development in children.

WHO IS IT FOR? Any caregiver and/or child ages 0–5 that would like to learn more about the importance and how to foster a strong relationship with their kids.

Triple P: Group

Takes Place: Saturday, Sep 14
10:30am–12:30pm
(4-session course)

WHAT IS “TRIPLE P: Group”? Group Triple P is a parenting program designed for caregivers of children up to 12 years old who want to learn effective strategies to manage their child’s behavior and promote positive development. Through group sessions and individual phone consultations, caregivers gain practical skills, share experiences with others, and receive expert guidance to create a happier family life.

WHO IS IT FOR? Any caregiver interested in learning parenting skills and philosophy from a highly vetted Behavioural Psychology based program.

| SEPTEMBER | | | | | | |
|-----------|----|----|----|----|----|----|
| 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 | | | | | |

September at a glance!

Sunbeams | September 9, 16, 23 | 4:30–5pm
 Rainbows Level 1 | September 9, 16, 23 | 5:15–6pm
 Rainbows Level 2 | September 9, 16, 23 | 6:15–7pm
 Rainbows Level 3 | September 9, 16, 23 | 7:15–8:15pm
 Triple P Group | September 16 | 2–4pm
 Identity and Gender Expression | September 16 | 1–2:30pm
 Wellness for Teens: Resilience | September 16 | 4:30–5:30pm
 Digital Citizenship and Media Safety for Kids (ages 5-10) |
 September 23 | 1–2pm
 Life After High School | September 23 | 2:30–3:30pm

MONDAYS

Circle of Security Parenting | September 10, 17, 24 | 1–2:30pm
 Rainbows Level 4 | September 10, 17, 24 | 4–5pm
 Spectrum | September 10, 17, 24 | 5:15–6:15pm
 Prism | September 10, 17, 24 | 6:30–8pm
 Understanding Online Gaming for Caregivers |
 September 10 | 10:30–11:30am
 Dealing with Family Substance Abuse | September 10 | 3–4pm
 Caregiver Resilience: Anxiety | September 10 | 4:30–5:30pm
 Cyberbullying for Caregivers | September 17 | 10:30–11:30am
 Caregiver Resilience: Building Better Boundaries |
 September 17 | 4:30–5:30pm
 Recognizing and Responding to Hate | September 24 | 10:30–11:30am
 Digital Citizenship and Media Safety for Youth (ages 11–16) |
 September 24 | 3–4pm
 Caregiver Resilience: Anger Management | September 24 | 4:30–5:30pm

TUESDAYS

Whole Brain Child | September 4, 11, 18, 25 | 3–5pm
 Triple P: Fear-Less | September 4, 11, 18, 25 | 6–8pm
 Caregiver Resilience: Living Authentically |
 September 4 | 10:30am–11:30am
 Recognizing and Responding to Hate for Teens |
 September 4 | 1–2pm
 Digital Literacy for Caregivers | September 4 | 1:30–2:30pm
 Life After High School | September 4 | 4:30–5:30pm
 Cooperative Coparenting Through Separation and Divorce |
 September 11, 18, 25 | 1:30–3:30pm
 Tips and Tricks for Studying | September 11 | 4:30–5:30pm
 Healthy Teen Relationships | September 18 | 4:30–5:30pm
 Recognizing and Responding to Hate for Teens |
 September 25 | 4:30–5:30pm

WEDNESDAYS

| SEPTEMBER | | | | | | |
|-----------|----|----|----|----|----|----|
| 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 | | | | | |

September at a glance!

Active Parenting for Teens | September 5, 12, 19, 26 | 1–3pm
 Playtime | September 5, 12, 19, 26 | 1:30–3:30pm
 Family Engagement | September 5, 12, 26 | 4–6pm
 Triple P: Primary Care | September 5, 12, 19, 26 | 4:30–5:30pm
 Triple P: Family Transitions | September 5, 12, 19, 26 | 6–8pm

THURSDAYS

Triple P: Primary Care | September 6, 13, 20, 27 | 12–1pm
 Triple P: Primary Care | September 6, 13, 20, 27 | 1:30–2:30pm
 Triple P: Primary Care | September 6, 13, 20, 27 | 3:00–4pm
 Grief Triage | September 6 | 12–1pm
 What Does LGBTQ+ Mean? | September 6 | 1:30–2:30pm
 Caregiver Resilience: Isolation and Loneliness |
 September 6 | 3–4pm
 Parenting in Two Cultures | September 13 | 12–1pm
 Financial Literacy for Teens | September 13 | 1:30–2:30pm
 Identity and Gender Expression | September 13 | 3–4:30pm
 Mindfulness for Families | September 27 | 12–1pm
 Cyberbullying for Youths (ages 12–15) | September 27 | 1:30–2:30pm

FRIDAYS

Dads' Discussions | September 14, 28 | 9–10am
 Triple P: Group | September 14, 28 | 10:30–12:30pm
 Digital and Media Safety for Caregivers | September 14 | 1:30–2:30pm
 Playtime | September 21 | 9–10am
 Caregiver Resilience: Living Authentically | September 21 | 11am–12pm
 Wellness for Teens: Anxiety | September 21 | 1–2pm
 This Girl Can: Mental Health | September 21 | 3–4pm
 Understanding Online Gaming for Caregivers |
 September 28 | 1:30–2:30pm
 Financial Literacy for Teens | September 28 | 3–4pm

SATURDAYS



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.

WHERE?

Castle Downs Family YMCA

11510 153 Avenue, Edmonton, AB T5X 6A3

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



Funded by:



Sessions are **FREE**
and offered regularly



To register visit
ymcanab.ca/familyworkshops



For more information,
contact a navigator

P. 780-377-3730

E. infohub@ymcanab.ca



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.

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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.

Registration is required,
refreshments will be provided.

WHERE?

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 YMCA of
Northern Alberta
Family Connect

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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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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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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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E. infohub@ymcanab.ca

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 to 18 years 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 Wednesday 3–4:30pm. 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

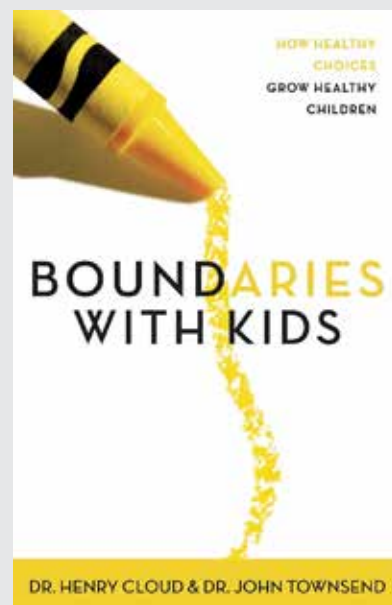
Lending Library

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.

Book of the month:
Boundaries with Kids

Synopsis: You want your kids to grow up into healthy adults. You want to see them take responsibility for their behavior, their values, their lives. But maybe you've discovered that simply telling them to "do the right thing" isn't enough.

From toddler tantrums to teenage temptations, you've got to help them take ownership of their behavior, feelings, and attitudes. But how? Establish healthy boundaries. Boundaries are the bedrock of good relationships, maturity, safety, and growth for your children and for you.



What's happening at the YMCA?

Y Mind

Y Mind is a free seven-week group mental wellness program delivered to teens aged 13–18 and youth aged 18–30 who experience mild to moderate anxiety. Participants learn effective skills to cope with symptoms of anxiety and engage in early-intervention mental wellness support in a safe environment that connects others who have similar experiences. Y Mind is a barrier free program, no diagnosis or referral is needed to participate.



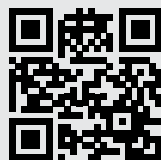
Book your Fall Break Day Camps now!

When school is out, fun is in at the Y! Ages 6–12 will enjoy their days with crafts, swimming, sports and more.



Fall Program Registration Ages 3–16

Registration is open now for all September programs, with classes starting September 9. Choose from sports, arts, musical theatre and so much more.



Swim Lesson session lengths extended!

Starting this September, swimming lesson session lengths will be extended, reducing the time you need to spend registering and increasing the time your child can spend having fun and learning new skills.

Fall 2024: Sep 9–Dec 22
Winter 2025 : Jan 6–Mar 23
Spring 2025: Mar 31–Jun 15
Summer 2025: Jun 30–Aug 24



Child & Youth Programs

REGISTER NOW!

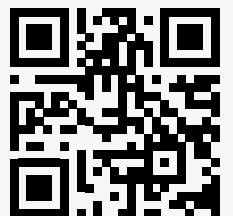
Get in on all the great programs happening at the Y this fall!

Sep 9–Nov 3 | Nov 4–Dec 22

- Basketball
- Creative Expressions
- Floor Hockey
- Hip Hop
- Junior Lifeguard Club
- Junior Swim Instructor
- Leaders in Training
- Multi-sport
- Musical Theatre
- School Break Day Camps
- Soccer
- Swim Lessons
- Volleyball



Learn more and
sign up now at
ymcanab.ca/register



SMALL STEPS FOR BIG CHANGES



Decrease your risk of developing type 2 diabetes

About the Program

Small Steps for Big Changes is an evidence-based counselling program designed to help you make lasting diet and exercise changes to lower your risk of developing type 2 diabetes.

How can I participate?

This *free* program is offered at Castle Downs Family YMCA.

Program intake

- Contact us to determine your eligibility for this program! tiny.cc/ssbccanada
- Or, complete the following survey to determine if you are eligible:



Training phase

- 6 sessions of 1-on-1 exercise and dietary change counselling with a trained coach over 4 weeks

Support phase

- Accountability check-ins with your coach at 12-, and 24-months following completion of the program

Now is the time to act!

You may not notice any symptoms of high blood sugar, but making diet and exercise changes now can decrease your risk of developing type 2 diabetes and lower your blood sugar levels before irreversible damage occurs.

Would you like to learn more about the program?

This program is supported by the Diabetes Prevention Research Group at UBC for recruitment into the research study titled "Implementing an evidence-based diabetes prevention program into diverse urban communities" (Principal Investigator Dr. Mary Jung).



Ask yourself five questions.

1

Are you inactive?

2

Are you overweight?

3

Do you have high blood pressure?

4

Do you have a parent or a sibling with type 2 diabetes?

5

Were you diagnosed with diabetes during pregnancy?

If you answered 'yes' to any of the above questions, you could be at risk for type 2 diabetes.

Visit us in person.
Castle Downs Family YMCA
11510 153 Ave NW, Edmonton, AB

Give us a call.
Front Desk: 780-476-9622
Email: cdsmallsteps@ymcanab.ca



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.

Cirque Italia Water Circus

August 29–September 8

Step right up to Cirque Italia's spectacular journey through time! This year, they're bringing you to a vintage, crusin', adventure back into the 1950s, filled with sock hops, drive-in theaters, and the iconic sounds of Elvis Presley. Get ready to be mesmerized by a multicultural cast that will showcase jaw-dropping acts including master jugglers, daring trampoline stunts, and the thrilling Wheel of Death. This high-energy, animal-free extravaganza is a must-see for all ages in Edmonton. Don't miss out on this magical escape—it's a dream come true!



Afro x Latin Arts Carnival

September 7

Get ready to dance at Edmonton's FREE Afro x Latin Arts Carnival! Enjoy over 25 live Afrobeat and Latin music acts, savour global flavors, and shop for one-of-a-kind treasures at the Artisan Market. Join the dance workshops, witness the Battles of Jollof, and capture the fun at our photobooth. With a dedicated kid-friendly zone and activities for all ages, bring the family for a day of free, non-stop excitement, and cultural celebration!



Hullabaloo at the Hub!

September 7, 10am–3pm

Join us at the North Central Family Resource Network (HUB) for a day of family fun!

A fun and informative day for families and caregivers who have children under the age of 18. This event is FREE!

- Carnival games
- Bouncy castles
- Face painting
- Temporary tattoos & more!



Edmonton International Film Festival

September 26–October 5

Get ready for ten exciting days of popcorn for dinner! The Edmonton International Film Festival (EIFF) celebrates diverse cinema in theatres right here in Edmonton. You'll laugh, cry and feel inspired by high quality films from YEG and around the world. These features and shorts span all genres and are mixed with a handful of award-winners from the film festival circuit.



Parent Corner

Recipes, advice and more...

RECIPE OF THE MONTH

Sloppy Joe Casserole

Like Sloppy Joes? Then you'll love this sloppy Joe casserole recipe. This kid-friendly dinner has the classic sloppy Joe flavors kids love, while parents will like all the veggies that are packed in to make it a healthy meal.

Prep Time : 25 mins
Additional Time: 5 mins
Total Time: 30 mins
Servings: 6

INGREDIENTS

- 2 ¼ cups whole-wheat elbow noodles (10 ounces)
- 1 tablespoon canola oil
- 1 pound ground turkey
- 2 ½ cups riced cauliflower
- 2 cups chopped red bell peppers
- 1 ½ cups chopped yellow onions
- 1 cup grated carrots
- 5 cloves garlic, minced
- 1 (15 ounce) can no-salt-added tomato sauce
- 1 ½ tablespoons light brown sugar
- 1 tablespoon reduced-sodium Worcestershire sauce
- 2 teaspoons dry mustard

- 1 ¼ teaspoons kosher salt
- 1 teaspoon ground pepper
- 1 cup shredded sharp Cheddar cheese

DIRECTIONS

Step 1: Preheat oven to 400 degrees F. Cook pasta according to package directions. Drain; set aside.

Step 2: Meanwhile, heat oil in a 12-inch cast-iron skillet over high heat. Add turkey; cook, stirring to crumble, until lightly browned, 4 to 5 minutes. Add cauliflower, bell peppers, onions, carrots and garlic; cook, stirring often, until the vegetables are softened, 5 to 7 minutes. Add tomato sauce, brown sugar, Worcestershire, mustard, salt and pepper. Bring to a boil over medium-high heat. Reduce heat to medium; simmer, stirring occasionally, for 2 minutes.

Step 3: Stir the cooked pasta into the turkey mixture; sprinkle evenly with cheese. Bake until the cheese is melted, 5 to 7 minutes

6 Ways to Solve Kids' Back-to-School Blues

By Ashani J:

School is back and summer is coming to a close. But that doesn't mean you can't make the most of your family activities this month. Get ready for family fun with these 25 fun things to do:

1. Visit a national or provincial park. Take a road trip and find one to visit that's close to your home.
2. Pencils, binders, notebooks, oh my! Get your last-minute back-to-school supply shopping done!
3. Spend a night outside on September 17 and gaze at the full moon.
4. Get your camera ready for the first day of school photos and make some DIY props or photo frames!
5. Find a good joke and get your kiddos laughing up a storm
6. Go fly a kite at your local park.
7. After school on Friday night, have a family movie night to start off the weekend.
8. Try out a new recipe for a few nights a week. Need some inspiration? You'll find something online, no doubt!
9. Find some back-to-school clothing at a discount or consignment store near you.
10. Make homemade lemonade and share a classic drink with your family.
11. Plan some weekend fun with your family by attending an event near you.
12. Practice random acts of kindness. Find an opportunity to pay it forward and get your kids involved, too.
13. Schedule your family eye exams. If it turns out your little one needs glasses, you'll find some great deals online.
14. It's baseball season! Take in a league game in your city.
15. Keep their reading game strong with books from your local library.
16. Start a new family tradition. From a show-and-tell dinner to interviewing your young scholar, create a fun event to share together.
17. Play in the water! Head to a beach, a pool, or simply play in the sprinkler.
18. Have some backyard fun. From pitching a tent to collecting bugs, plan an activity to inspire your little ones.
19. Don't throw away your empty egg cartons. Get crafty with some basic supplies and your imagination.
20. Create an activity kit to keep your kiddo busy this August.
21. Stop by your local fire station and ask for a tour. If the firefighters aren't fighting fires, they might give you a brief tour and may even let your little one sit in the truck.
22. Make your own school supplies.

23. Get your kiddo a new backpack.

24. Go beyond FaceTime and text messaging by writing actual letters to family and friends. Get some cute stationery and don't forget the stamps!

25. Bake cookies together and deliver them to neighbors to help spread some cheer this month!



Parent Corner

Activity of the Month

Team-building activities for kids!

From teamland.com:

September is here, and the weather is starting to get cooler. September is when people are coming back from vacation and kids are back to school. Here are ideas on how to incorporate team-building activities.

September 4: History of Wildlife Day

Every year we lose numerous species to the growth and expansion of human holdings, but through the effort of zoos, sanctuaries, and preservation organizations that rate is being slowed. These groups do amazing work, educating and bringing awareness to people everywhere. There are plenty of options to help support endangered animals, and Wildlife Day is a great opportunity to do it! All communities have animal sanctuaries and zoos nearby, so take a trip with your family or friends to the nearest exhibit and ask how you can help.

September 5: Internal Charity Day

Every year, charities all over the world help to save and improve people's lives, fight disease, protect children, and give hope to many thousands of people. There are various ways that you can get involved with the International Day of Charity. It does not matter how much money you have to spare or how much time you are available; charitable donations are welcomed in any form, big or small.

September 8: International Literacy Day

International Literacy Day will focus on Literacy teaching and learning in the COVID-19 crisis and beyond, with a focus on the role of educators and changing teaching practices.

Ideas to help promote literacy:

- Donate books to local classrooms.
- School classroom libraries always need fresh reading materials for their young students. Ask your child's teachers for a wish list of books they know students will enjoy and donate them to class!
- If you don't have a child in school, ask coworkers, relatives, or neighbors about donating to their children's classroom.
- Gift a book to someone

Children are naturally curious about the world. Reading satisfies their desire to learn and feeds their imagination. Books are a great gift, especially on International Literacy Day to give a book to your own children or someone else's child that is close to you. Don't forget: adults appreciate receiving books as gifts too.

September 21: World Gratitude Day

Gratitude Day has been designed to bring the whole world together in a day that is all about being thankful. It's the perfect day to show appreciation for the things and people you value in your life.

September 30: International Podcast Day

Podcasts have become a convenient medium for us to acquire information. Out of this shifting of paradigms has come a new imagining of an old idea – radio broadcasts and most specifically radio talk show/dramas. On this day share with your coworkers a podcast you recently listened to that you loved.

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.