



North Central Edmonton Family Resource Network

● January
2025

● 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

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!

What's New

with our North Central Edmonton Family Resource Network?

BOYS & GIRLS CLUB



BGCBigs.ca
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 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 3:30–7:00pm, Thursday from 2:30–7:00pm and Friday from 3:30–8:00pm. Please note that Friday is open later as they have teen night for those 13+ from 6:00–8:00pm. 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.

ADVENTURES IN *Play*


0 – 6 Years


With Play
Expert Alyssa!



Get ready for a fun adventure where learning and play go hand in hand! Through playful exploration, little brains get to understand the world around them. Our sessions are filled with open-ended activities designed to spark creativity and curiosity, helping children grow emotionally, socially, cognitively, and physically. Each week, we'll focus on a different area of development with engaging activities. Join us for a journey of discovery, laughter, and endless fun!



 **TUESDAY, 9:30AM-11:00AM**
JAN 14 - MAR 18
BALWIN COMMUNITY LEAGUE

 **THURSDAY, 9:30AM-11:00AM**
JAN 16 - MAR 20
KENSINGTON COMMUNITY LEAGUE

Phone to register: 780-478-5396
Email to register: registration@kara-frc.ca



Books & Bites



AGES 0-6

Books & Bites is a culinary adventure designed for lifelong practical skills through the joy of creating delicious snacks and promoting literacy growth, as participants engage in our weekly storybook. Books & Bites sparks curiosity, encouraging children to explore the realms of taste and senses while being introduced to nutritious food choices.



FRIDAY JAN 17- MAR 21
10:00AM - 11:30AM



DUNLUCE TENANT CENTRE, UNIT 9, 11930 162 AVE

Phone to register: 780-478-5396
Email to register: registration@kara-frc.ca





STORY SPROUTS

0-6 Years

Story Sprouts is a fun program that explores early literacy, numeracy and language development. Parents and children will explore early literacy through songs, activities and interactive story sharing. Each week has a different theme, come and discover which is your favourite!



Friday Jan 17-Mar 21
9:30am - 11:00am
YMCA Castledowns

Phone to register: 780-478-5396
Email to register: registration@kara-frc.ca



LITTLE VAN

Gogh

ADVENTURES IN
PLAY PRESENTS



MONDAY, JAN 13 - MAR 17

BREAK: FEB 17

10:00AM - 11:00AM



YMCA, CASTLE DOWNS 11510 153 AVE NW

Phone to register: 780-478-5396

Email to register: registration@kara-frc.ca

Little Van Gogh is a one-hour parented art exploration program for young children and their caregivers, which allows your child to get messy and creative without you having to worry about the clean up! Each week, you will be introduced to a new artist and their artwork. Drawing inspiration from that artist, we will then use different tools to create our own masterpieces!





AFTER SCHOOL *Adventures*

Ages: 6-12yrs

Children will have the opportunity to unplug and connect with others while building their self-esteem. Enjoy a variety of crafts, games, and outdoor activities designed to encourage positive peer relationships while building confidence.



Monday
Jan 20 - Mar 17
Break: February 17

3:30 - 5:00pm
KARA - Too
5606 134A Ave NW



Tuesday
Jan 14 - Mar 18

3:30 - 5:00pm
Dunluce 11930 162 Ave
NW, Unit 9



Thursday
Jan 16 - Mar 20

2:30 - 4:30pm
Dunluce 11930 162 Ave
NW, Unit 9

Phone to register: 780-478-5396

Email to register: registration@kara-frc.ca



YMCA Family Connect Programs



January Workshop Highlights

Triple P: Family Transitions

Offered regularly, please call 780-377-3730 to register

What is Triple P: Family Transitions? A specialized parenting program designed for divorced or separated parents, or those going through the separation process. This evidence-based program aims to ease the transition for both parents and children during this challenging time by providing practical strategies to manage stress, anger, and conflict. It helps parents develop effective co-parenting skills, improve communication with ex-partners, and create a stable environment for their children. The program consists of five weekly sessions, each lasting about two hours.

Who is this program for? Any Caregiver that wants to cover topics such as managing emotions, supporting children, resolving conflicts, and building a new family identity.

Triple P: Fear-Less

Offered regularly, please call 780-377-3730 to register

What is Fear-Less Triple P? An evidence-based parenting intervention designed to support parents and caregivers of children aged 6 to 14

years who experience moderate to high levels of anxiety that negatively impact their daily functioning. The program aims to empower parents with cognitive-behavioral strategies for anxiety management, which they can apply to all their children. Fear-Less Triple P is available as a 6-week group session program.

Who is this program for? Any parents/caregivers looking for tools needed to understand anxiety, become better role models for anxiety management, and to develop tools to handle challenging behaviors associated with childhood anxiety.

Sunbeams (Grief and Loss)

Offered regularly, please call 780-377-3730 to register

What is Sunbeams? A program is designed to support children ages 3 to 5 who are navigating significant life changes, particularly those experiencing family transitions such as divorce. This 10-week program focuses on helping young children cope with their emotions and develop resilience through structured activities and peer interaction. Participants engage in discussions, creative expression, and play, all aimed at fostering emotional well-being and social skills in a supportive environment. The program not only addresses the immediate emotional needs of children but also equips them with tools to manage future challenges effectively.

Who is this program for? Children ages 3 to 5 years who are navigating significant life changes.

YMCA Family Connect Programs



January Workshop Highlights

Rainbows Levels 1–3

Offered regularly, please call 780-377-3730 to register.

What is the Rainbows program? It offers structured grief support for children experiencing loss due to various life-altering events, such as death, divorce, or separation. Each level involves small group sessions facilitated by trained Facilitators, where children can express their feelings and share their experiences in a safe environment. The curriculum includes age-appropriate materials and activities that help children develop coping skills and emotional understanding as they navigate their grief, conflict resolution, and effective communication between two homes.

Who is this program for? Levels 1–3 of the program cater to children ages 5 to 11. Level 1 is designed for 5- to 6-year-olds, Level 2 for 7- to 8-year-olds, and Level 3 for 9- to 11-year-olds

Prism

Offered regularly, please call 780-377-3730 to register.

What is the Prism program? A specialized support initiative designed for single parents and step-parents who are navigating their own grief while also helping their children cope with loss. This program focuses on providing a safe

and nurturing environment where participants can share their experiences and feelings, allowing them to process their grief collectively. The curriculum includes structured group meetings led by trained facilitators, utilizing age-appropriate materials that encourage open discussion and emotional expression. Through this program, participants learn effective coping strategies, rebuild family dynamics, and foster resilience in both themselves and their children. It is particularly beneficial for those who have experienced separation, divorce, or the death of a loved one, enabling them to address the complexities of grief while supporting their family's emotional healing

Who is this program for? For single caregivers and step-parents who are navigating their own grief while also helping their children cope with loss



JANUARY

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	

January
at a glance!

Kids Have Stress Too | 6, 20 | 2-3pm
 Caregiver Resilience: Building Better Boundaries | 6 | 3:30-4:30pm
 Sunbeams Parent Orientation | 6 | 4:30-5pm
 Life After High School | 6 | 5-6pm
 Cyberbullying for Youths | 6 | 5-6pm
 Healthy Teen Relationships | 6 | 7-8pm
 Understanding Online Gaming for Caregivers | 13 | 1-2pm
 Early Literacy | 13, 20, 27 | 2:30-3:30pm
 Sunbeams | 13, 20, 27 | 4:30-5pm
 Rainbows Level I | 13, 20, 27 | 5:15-6pm
 Rainbows Level II | 13, 20, 27 | 6:15-7pm
 Rainbows Level III | 13, 20, 27 | 7:15-8:15pm
 Caregiver Resilience: Isolation and Loneliness | 20 | 1-2pm
 Caregiver Resilience: Anger Management | 20 | 3:30-4:30pm
 Cyberbullying for Caregivers | 20 | 5-6pm
 Caregiver Resilience: Living Authentically | 27 | 1:00-2:00

MONDAYS

Caregiver Resilience: Anger Management | 7 | 10:30-11:30am
 Caregiver Resilience: Anxiety | 7 | 2:30-3:30pm
 Kids Have Stress Too | 7, 28 | 3:30-4:30pm
 Family Engagement | 7 | 4:30-6:30pm
 Cyberbullying for Caregivers | 7 | 4:45-5:45pm
 Digital and Media Safety for Youth (ages 11-18) | 7 | 7-8pm
 Whole Brain Child | 14, 21, 28 | 10:30-11:30am
 Triple P: Fear-Less | 14, 21, 28 | 1-2:30pm
 Rainbows Level 4 | 14, 21, 28 | 4:15-5pm
 Caregiver Resilience: Living Authentically | 14 | 4:45-5:45pm
 Spectrum | 14, 21, 28 | 5:15-6:15pm
 Prism | 14, 21, 28 | 6:30-8pm
 Caregiver Resilience: Building Better Boundaries | 21 | 4:45-5:45pm
 Caregiver Resilience: Anxiety | 28 | 4:45-5:45pm

TUESDAYS

Talk to Me | 8, 15, 22, 29 | 2:30-3:30pm
 Grief Triage | 8 | 3-4pm
 Financial Literacy for Teens | 8 | 4:30-5:30pm
 Digital and Media Safety for Kids (ages 5-10) | 8 | 4:30-5:15pm
 Cyberbullying for Youths (ages 12-15) | 8 | 5:30-6:30pm
 This Girl Can | 8, 22, 29 | 7-8pm
 Nobody's Perfect | 15, 22, 29 | 1-2:30pm
 Cooperative Coparenting Through Separation and Divorce
 | 15, 22, 29 | 3:30-5:30pm
 Triple P: Family Transitions | 15, 22, 29 | 4:30-6:30pm

WEDNESDAYS

January at a glance!

JANUARY						
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	

Holidays at the HUB: DIY Key Chains | 2 | 9am–12pm
Holidays at the HUB: Giant Games | 2 | 1–4pm
Holidays at the HUB: Origami | 2 | 5–8pm
Caregiver Resilience: Resilience | 9 | 10:30–11:30am
Recognizing and Responding to Hate | 9 | 12–1pm
Grief Triage | 9 | 2–3pm
Parenting in Two Cultures | 9 | 2:30–3:30pm
Dealing with Family Substance Abuse | 9 | 3:30–4:30pm
Wellness for Teens: Anxiety | 9 | 4:30–5:30pm
What Does LGBTQ Mean? | 9 | 5–6pm
Tips and Tricks for Studying | 9 | 6:30–7:30pm
Triple P: Group | 16, 23, 30 | 10:30–12:30
Triple P: Family Transitions | 16, 23, 30 | 1–3pm
Triple P: Fear-Less | 16, 23, 30 | 3–4:30pm
Circle of Security Parenting | 16, 23, 30 | 3:30–5pm
Sunbeams | 16, 23, 30 | 5–5:30pm
Triple P: Primary Care | 16, 23, 30 | 6–6:30pm
Triple P: Primary Care | 16, 23, 30 | 7–7:30pm

THURSDAYS

Holidays at the HUB: Winter Animal Suncatchers | 3 | 9am–12pm
Holidays at the HUB: Minute to Win It Games | 3 | 1–4pm
Active Parenting for Teens | 10, 17, 24, 31 | 12–2pm
Caregiver Resilience | 10 | 3–4pm
Playtime | 17, 31 | 11:30am–12:30pm
Grandparents are Great | 17, 31 | 1:30–2:30pm
Triple P: Primary Care | 17, 24, 31 | 2:30–3pm
Beyond the Hurt | 17, 31 | 3–4pm
Triple P: Primary Care | 17, 24, 31 | 3:30–4pm

FRIDAYS

Dad's Discussions | 4, 18 | 9–10am
Identity and Gender Expression | 4 | 10:15–11:15am
Digital and Media Safety For Caregivers | 4 | 11:30am–12:30pm
Digital and Media Safety for Kids | 4 | 1:30–2:15pm
Wellness for Teens: Resilience | 4 | 3–4pm
Mothers Matter | 11, 25 | 9–10am
Wellness for Teens: 4 Quadrants of Wellness | 11 | 10:30–11:30am
Kids Have Stress Too | 11, 25 | 12:30–1:30pm
Triple P: Group | 18 | 10:30am–12:30pm
Mindfulness for Families | 18 | 1:30–2:30pm
Wellness for Teens: Living Authentically | 18 | 3–4pm
Wellness for Teens: Anger Management | 25 | 10:30–11:30am

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 many 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.

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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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E. infohub@ymcanab.ca



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.

WHERE?

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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

WHERE?

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11510 153 Avenue, Edmonton, AB T5X 6A3

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Registration is required,
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- ▼ For more information,
contact a navigator
- P.** 780-377-3730
- 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**

WHERE?

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11510 153 Avenue, Edmonton, AB T5X 6A3

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▽ For more information, **contact a navigator**

P. 780-377-3730

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 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

Post Partum Support Group Wednesdays,
10am–12pm.

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.



HUB Youth Summit

Feb 20, 2025 | Castle Downs Family YMCA



FREE event for youth & teens ages 12–17 & their parents/guardians!

Food | Beverages | Cotton Candy | Popcorn
(food/beverage available while supplies last)

Thursday, February 20
4–7pm

Castle Downs Family YMCA
11510 153 Avenue
Edmonton, AB T5X 6A3

Registration required



Brought to you by ...



ymcanab.ca/frn

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.



Winter Program Registration Ages 3–16

Registration is open now with classes beginning January 6. Choose from sports, arts, musical theatre and so much more. Now with **Mini-volley** for 7–9yrs at Castle Downs YMCA!



Book your School Break Day Camps!

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



Try the Y — 3 FREE Visits!

Haven't been to the Y lately?



Choose one of 4 locations in Edmonton and sign up for **3 FREE** visits! You can enjoy:

- Fitness classes
- Adult Sport and Rec drop-in
- Open gym
- Family or lane swim and more!

Free parking at all locations, including underground heated parking downtown at Don Wheaton Family YMCA.



**“I hit my goals
at the YMCA.”**

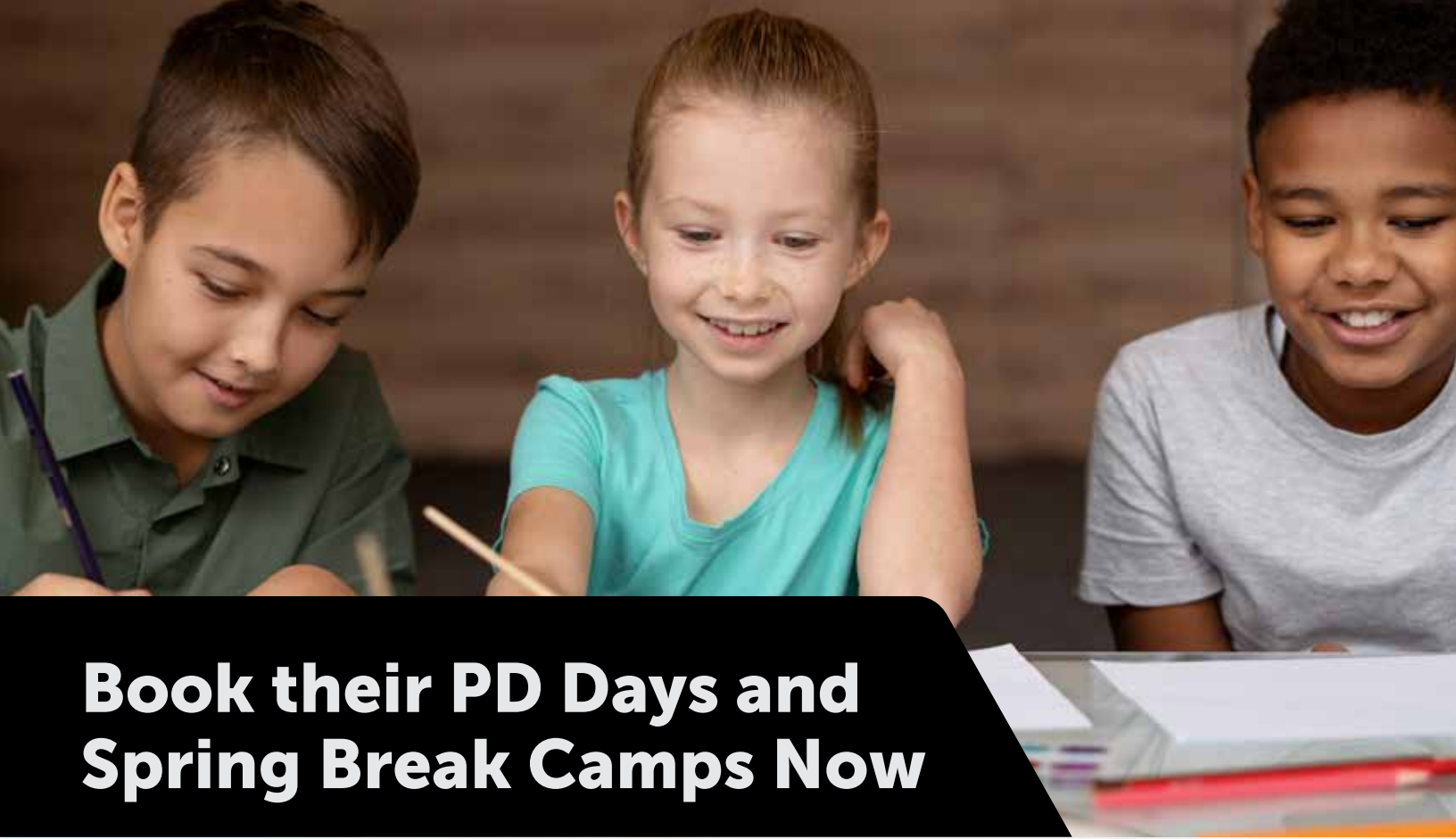


» TWO WEEKS FREE

**It's more than a gym.
Join and get 2 weeks on us!
ymcanab.ca**

Offer expires February 15, 2025. Continuous membership required. Terms and conditions apply.

Shine On  **Northern
Alberta**



Book their PD Days and Spring Break Camps Now

YMCA Day Camps are designed to spark imagination and build confidence, independence, and communication skills. All participants will have the opportunity to create positive peer friendships. Camps provide hands-on learning and skills development through games, craft activities, active play, swimming and more.

Upcoming PD Days and SPRING BREAK Day Camps

Camp times: 8:30am–4:30pm
Pre-care (included) is available from: 7:30–8:30am

January	February	March
27	18, 27–28	24–31 (<i>Spring Break</i>)



Search “School Break Day Camp” and sign up now at ymcanab.ca/register

**NEW
PROGRAM**
(ages 7–9)

Mini-Volley

A fun skills-based intro to volleyball, with instructors trained by Volleyball Alberta!

Open Registration begins online December 10 for this 11-week session!
YMCA Enhanced registration begins online December 3

Tuesdays

Jan 7–Mar 18, 2025
6–6:50PM

Location

**Castle Downs
Family YMCA**

11510 153 Ave NW, Edmonton, AB

Registration Fees

\$143 Public/YMCA Essential
\$35.75 YMCA Enhanced



Learn more and
sign up as of Dec 3 at
bit.ly/YMCAMinivolley



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.

Winterruption yeg

Jan 22–26, 2025

Multiple locations in downtown Edmonton.



With event prices ranging from free to reasonably priced weekend wristbands, the aim of the community winter arts festival is inclusivity and promotion of the arts in a snowy setting. Every show will also be subject to a safe and inclusive space policy, and a number of events will be geared towards all ages and family communities, as well as 18+. Programming will be diverse and inclusive, in genre, gender, sexuality, age and culture.



Play Rangers

Saturday, January 11, 18 and 25, 2025.



All events run 1:30–4:30 pm.
Whitemud Park, 13909 Fox Drive, Edmonton

Play Rangers focuses on children and family participation, with planned special outdoor recreational activities that can be enjoyed by all. Children (ages 6-12) are welcome to attend on their own.

No fee required to participate. Children 5 years and under must be actively supervised by a responsible person aged 13+.



Deep Freeze: a Byzantine Winter Festival



Saturday, January 18 at 10am
through Sunday, January at 11pm

9210-9224 118 Ave NW Edmonton, AB

Celebrate the diverse cultures of Alberta Avenue District—Ukrainian, French Canadian, Franco African, Indigenous (Métis, Inuit, Cree), Latin American, and Asian—through art, performances, and delicious treats. Explore Pipon Village for snowshoeing, bannock by the fire, and cultural storytelling. Plus, enjoy Deep Freezer Races, axe-throwing, street hockey, and whimsical ice sculptures.



What's happening in your city this month?

Oil Kings vs. Hurricanes

January 5, 2025 at 4 pm
Rogers Place



Edmonton Oil Kings 2024/25 Promo Nights & Family Fun Sundays.

Edmonton Oil Kings games are a fun and affordable (lots of lower bowl seats for only \$25 each) option for live hockey action with your entire crew. With the choice of many exciting promotional games throughout the season and Family Fun Sunday games, there is even more reason to bring the family to a game!



From accessing government support such as guardianship, PDD, FSCD, AISH, to helping advocate for support and accommodations in schools, childcare, and workplaces. Committed to empowering families and individuals with the tools and information they need to navigate the complexities of living with a disability, your support will

always be confidential and impartial. **If you or someone you know needs support for their family member with Down syndrome**, please contact julie@edss.ca or 780-944-4224 Ex: 2.

Adult Day Program Cost: \$75/day (Free Day Trial Available!)

Monday to Friday 10:00 am – 4:00 pm at Edmonton Down Syndrome Society

Edmonton Down Syndrome Society provides a welcoming space where adults with Down syndrome or other developmental disabilities can build independence, life skills, and lasting friendships! There's no long-term commitment—just let us know 24 business hours in advance to ensure we're ready to support you!

What We Focus On:

- Developing essential life skills
- Building independence
- Creating personal goals and working towards them
- Fostering friendships that last a lifetime





LEGO at the Library

Calling all LEGO lovers! Come to the library to design and build a LEGO creation. Share your building tips and tricks with others.

Fridays 4:00 p.m. to 5:00 p.m.
Ages 6-12

Discovery Club

Full STEAM ahead! Explore all things Science, Technology, Engineering, Art and Math in this club for young scientists and makers.

Mondays 4:00 p.m. to 5:00 p.m.
Ages 6-8

Castle Downs Library: 106 Lakeside Landing, 15379 Castle Downs Rd

Ph.780-796-1804



Teen Lounge

Join other teens to play video games, make a DIY project, meet friends, or just hang out.

Thursdays 3:00p.m. to 4:30 p.m.

Castle Downs Library 106 Lakeside Landing, 15379
Castle Downs Road



Adults

Craft and Chat

Tuesdays

7:00pm-8:30pm

Create and have fun with other crafter. A different project/medium is provided by staff each week, or feel free to bring a project that you are working on. This class is intended to provide a space for multiple generations to connect. Bring your parents and your kids and join us for an exploration of expression.

Book Clubs of EPL

Monday January 27th

7:00pm-8:30pm

Love reading? Love to talk about books you've read? Come join us for lively discussions on all types of fiction and non-fiction. We'll feature different titles and authors each month. Come and share your impressions, thoughts and interpretations of a book we have all read.

Seniors' Drop In

Tuesday December 10th January 14th February 11th

1:30pm-2:30pm

Have a coffee, meet with other seniors, and come if you like cards, conversation and community.

ABOUT US

WHO WE ARE

We are Youth Unlimited Edmonton, whose vision is to be a primary influence within the youth culture of the capital region, in order to foster the transformation of current negative elements of the culture into one of love, hope, realized potential, and positive social action.

We see the hope and potential in every young person, and desire to walk alongside teens as they explore their potential and discover hope for themselves and their communities.

WHAT WE DO

Our Four Pillars of Care: We strive to invest in the lives of youth by providing Holistic Care, Mentoring Relationships, Safe Communities, and Opportunities to Give Back.

Throughout our youth centres the programming varies slightly. Each centre has attractions such as music equipment, computers, video games, ping pong, football and pool. We have board games, free snacks and food, gym space, and more. While these attractions bring youth into our centres, what often keeps them coming is the leaders who invest time and energy into mentoring them. Behind each game or event or meal our primary purpose is to build relationships, walk alongside the youth through big life changes and choices, and help equip them for their future. The aim is to equip youth to develop and employ leadership skills, grow in their life skills, and recognize and utilize their gifts and talents. As much as possible we'll partner and work with other organizations and professionals to provide the necessary supports.

WHO WE SERVE

As a faith-based organization we strive to treat each youth we encounter in a way that reflects the love and grace of Jesus. We value and serve all teens as equals, regardless of their faith, sexuality, culture or circumstance. We provide barrier-free, fully inclusive support to all youth in all of our programming! The age demographics we focus on are grades 6-12 (roughly ages 12-18).

WHY WE SERVE

Our goal for youth is not simply prevention, but positive life transformation! We desire for each youth to reach their full potential, and will work with them in a contextualized and personalized way to make that happen.



"I really like this place because I feel like I can really just be myself here and feel comfortable in who I am."

Damon - 15

YOUTH CENTRES

COMMUNITY YOUTH CENTRES

13407 97 Street



The Cellar
YOUTH CENTRE

Fridays:
3:30-6:30pm

7207 28th Ave
(Millwoods Rec Centre, 3rd Floor)



The Core
YOUTH CENTRE

Mondays: Wednesdays:
3:30-6:00pm 3:00-5:00pm

6505 140 Ave



The Vault
YOUTH CENTRE

Tuesdays & Thursdays:
3:30-6:30pm

Youth Unlimited is creating safe spaces for teens in Edmonton with our dynamic community youth centres.



Parent Corner

Recipes, advice and more...

RECIPE OF THE MONTH

EASY CHEESY SPINACH AND HAM QUICHE PIE

Turn forgotten produce and herbs loitering in the fridge into Bathis easy, quick soup.

INGREDIENTS

- 1 (10 ounce) can of mushrooms, sliced
- 1 cup onion, chopped
- 1 (10 ounce) package frozen spinach
- 1/3 cup mayonnaise
- 1/3 cup milk
- 4 eggs
- 1 cup cheddar cheese, grated
- 3 ounces finely chopped ham
- 1 pie shell
- 1/4 cup parmesan cheese, grated

DIRECTIONS:

1. Preheat oven to 375°F.
2. Spray pan with PAM and cook mushrooms, onions and ham until onions are tender.
3. Thaw spinach and squeeze out excess water. Add to pan.
4. In a large bowl, mix mayo, milk, eggs and cheddar cheese.
5. Cool hot mixture slightly and add to bowl with liquids.
6. Pour into pie shell and top with parmesan cheese.
7. Bake for 45 minutes until set and golden brown. Enjoy!

Parent Corner

Tip of the Month

Establishing Routines

1. **Set Consistent Bedtimes:** Ensure your children have regular bedtimes to promote better sleep and overall health
2. **Family Meetings:** Hold weekly family meetings to discuss schedules and address any issues collaboratively
3. **Engage Fully:** Dedicate undistracted time to your kids to foster deeper connections
4. **Encourage Responsibilities:** Assign age-appropriate chores to instill a sense of responsibility and teamwork
5. **Reflect on Goals:** Take time to assess and set new parenting goals for the year ahead



Parent Corner

Monthly Activity

NEW YEAR WORD SEARCH



Ball Drop
Celebrate
Confetti
Countdown
Eve

Family
Festive
Fireworks
Happy New Year
Hat
January

Kiss
Midnight
Parade
Party
Resolution

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.