



North Central Edmonton Family Resource Network

- February 2025
- 11510 153 Ave, Edmonton, AB T5X 6A3
780-377-3730 | infohub@ymcanab.ca

● CLOSED
February 17



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● CLOSED
February 17

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/>.

GAME CHANGERS
BGCBigs.ca/GAMECHANGERS

DESIGNED FOR MALE MENTORS & MALE MENTEES, THIS SITE-BASED PROGRAM MAKES BEING A MENTOR EASY

▶ APPLY TODAY

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.

INDIGENOUS BOY'S MATTER TOO! YOUTH MALE WELLNESS PROGRAM



**GROUP 1 2025:
MIYOSKAMIN ᑭᓴᑲᑭᑦᑭ
REGISTRATION OPEN
12 WEEK PROGRAM**

**February 12th- April 30th, 2025
EVERY WEDNESDAY 5:30-8:30PM**



Eligibility Requirement's:

- Self identify as Indigenous First Nations, Métis , Inuit
- Identify as Male (Two-spirited and non-binary youth welcome)
- Between the ages of 14-18
- Dedicated to bettering themselves
- Able to attend the majority of sessions, ceremonies and events
- Open Communication between staff.
- Open minded and wanting to learn about ceremony and culture.

**How to apply?
Email or call Program coordinator to complete registration form, then complete intake process**

**Program Coordinator
Ambrose Cardinal
ibmt1@creatinghopesociety.ca
587-588-8717**

What to expect:

An understanding of wellness through a oskapewis based worldview. Access to a safe space to learn, grow and heal. Wellness based around the medicine wheel. Access to ceremony, Elders, knowledge keepers and to our Youth Wellness worker and mental health therapist. Community based healing and opportunity to learn and pursue your artistic and cultural interests.

FCSS
Family & Community
Support Services

Edmonton





Oskayak Enohte Nehiyawocik

Mondays Starting October 21st, 5:30 - 7:30PM

Location: Crystal Kids Youth Centre, 8718 118 Ave NW, Edmonton, AB T5B 0T1

Who is it for: Youth ages 12-18. Open to youth of all gender expressions.



THIS PROGRAM IS FREE TO ATTEND.

Oskayak Enohte Neyihawocik – “Youth Wanting to Know Cree”, is youth-centered language learning program for beginner participants.

The program's emphasis is on reading/writing – in syllabics, and learning the phonetic sounds of nehiyawewin. Youth are encouraged to learn about the Nehiyaw worldview, in a safe and culturally supportive environment with included teachings from elders & knowledge keepers. Food is provided before every class and registration forms can be found online/in-person.”

Quin Buck - Program Coordinator
(825)-963-6297, oskayak@creatinghopesociety.ca



Canadian
Heritage

Patrimoine
canadien



YMCA Family Connect Programs



February Workshop Highlights

Whole Brain Child

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

The Whole Brain Child program is a comprehensive 5-session series designed for caregivers seeking to understand and support children from birth through teenage years. This program explores the biology of the developing brain and its psychological impact, offering practical strategies for navigating childhood challenges. Over five weekly classes, participants learn about brain integration, discover whole-brain techniques, and gain insights into child development. The interactive program provides tools to help children become more resilient, emotionally intelligent, and capable, transforming everyday interactions into opportunities for healthy mental growth and understanding.

Who is this program for? The Whole Brain Child program is for all caregivers — parents, grandparents, teachers, and therapists — who want to understand and support children from birth through teenage years. It provides strategies for nurturing children's emotional and psychological development across different stages of childhood.

Mindfulness for Families

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

What is this program? The Mindfulness for Families class is a comprehensive program designed to introduce caregivers to the transformative practice of mindfulness and its potential to positively impact family life. This course explores the concept of mindfulness, which involves paying attention to the present moment without judgment and teaches participants how to cultivate this skill in their daily lives.

Through a series of guided exercises and practical techniques, caregivers learn to navigate the chaos of the world with greater ease, fostering a sense of peace and accomplishment for themselves and their families.

The class covers a range of mindfulness strategies that can help improve focus, enhance emotional regulation, and increase overall happiness in day-to-day activities. By incorporating mindfulness practices into family routines, caregivers can create a more harmonious home environment, strengthen parent-child relationships, and model effective stress-management skills for their children.

Who is this program for? This class is specifically tailored for caregivers, including parents, grandparents, and other adults responsible for nurturing and supporting children's emotional and psychological development.

YMCA Family Connect Programs



February Workshop Highlights

Nobody's Perfect

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

The Nobody's Perfect program is a facilitated, community-based initiative that helps parents build confidence, learn positive parenting techniques, and develop support networks through group sessions typically lasting six to eight weeks. Using a participant-centered, strengths-based approach, trained facilitators create a non-judgmental environment where parents can share experiences, learn about child development, improve their parenting skills, and connect with community resources. The program emphasizes that there are no perfect parents, but rather focuses on helping participants recognize their strengths, enhance their coping skills, and discover positive ways to raise healthy, happy children.

Who is this program for? Nobody's Perfect is a free, voluntary parenting program designed for parents of children aged zero to five.

Caregiver Resilience

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

What is this program? This 6-class series offers sessions focusing on self-care and personal well-being. Participants will explore various strategies to maintain their identity and cope

with the challenges of caregiving. Sessions cover topics such as anxiety management, anger management, authentic living, setting boundaries, combating loneliness, and building resilience. Refreshments and snacks are provided. Join us to learn practical tools for balancing your life and caregiving responsibilities.

Who is this program for? Designed for family caregivers, foster parents, guardians and anyone providing care for children or loved ones who need support and personal renewal.

Wellness for Teens

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

What is this program? Through interactive sessions, participants will explore strategies for personal growth, mental health, and overall well-being. Topics include the four quadrants of wellness, managing anxiety, living authentically and building resilience. Each session aims to equip teens with practical tools to handle growing responsibilities and evolving interests. Refreshments and pizza will be provided. Join us to learn valuable life skills and set yourself up for success in a supportive environment.

Who is this program for? This 4-session series is designed for teenagers ages 13–17 navigating the complexities of adolescence.

February at a glance!

FEBRUARY						
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	

Parenting in 2 Cultures | 3 | 2–3pm
Caregiver Resilience: Anger Management | 3 | 3:30–4:30pm
Understanding Online Gaming for Caregivers | 3 | 5–6pm
Caregiver Resilience: Building Better Boundaries | 10 | 1–2pm
Early Literacy | 10, 24 | 2:30–3:30pm
Sunbeams | 3, 10, 24 | 4:30–5pm
Rainbows Level I | 3, 10, 24 | 5:15–6pm
Rainbows Level II | 3, 10, 24 | 6:15–7pm
Rainbows Level III | 3, 10, 24 | 7:15–8:15pm
Caregiver Resilience: Living Authentically | 24 | 1–2pm

MONDAYS

Digital and Media Safety for Youth (ages 11-18) | 4 | 4:45–5:45pm
Triple P: Fear-Less | 4, 11, 18 | 1–2:30pm
Rainbows Level 4 | 4, 11, 18, 25 | 4:15–5pm
Spectrum | 4, 11, 18, 25 | 5:15–6:15pm
Prism | 4, 11, 18, 25 | 6:30–8pm
Whole Brain Child | 11, 18 | 10:30–11:30am
Digital and Media Safety for Kids (ages 5-10) | 11 | 4:45–5:45pm
Cyberbullying for Caregivers | 18 | 4:45–5:45pm
What Does LGBTQ Mean? | 25 | 10:30–11:30am
Whole Brain Child | 25 | 1–2pm
Cyberbullying for Youth (ages 12-18) | 25 | 4:45–5:45pm

TUESDAYS

Nobody's Perfect | 5, 12, 19, 26 | 1–2:30pm
Talk to Me | 5, 12, 19, 26 | 2:30–3:30pm
Cooperative Coparenting Through Separation and Divorce | 5, 12 | 3:30–5:30pm
Triple P: Family Transitions | 5, 12 | 4:30–6:30pm
This Girl Can | 5, 12, 19, 26 | 7–8pm
Triple P: Fear-Less | 19, 26 | 4:30–6pm

WEDNESDAYS

Triple P: Group | 13 | 10:30am–12:30pm
Triple P: Family Transitions | 6, 13 | 1–3pm
Triple P: Fear-Less | 6, 13, 27 | 3–4:30pm
Circle of Security Parenting | 6, 13, 27 | 3:30–5pm
Sunbeams | 6, 13, 27 | 5–5:30pm
Triple P: Family Transitions | 27 | 10:30am–12:30pm
Life After High School & Tips and Tricks for Studying | 27 | 1–3pm

THURSDAYS

February at a glance!

FEBRUARY						
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	

FRIDAYS

Active Parenting for Teens | 7, 14 | 12–2pm
Playtime | 14, 28 | 11:30am–12:30pm
Grandparents are Great | 14, 28 | 1:30–2:30pm
Beyond the Hurt | 14, 28 | 3–4pm
Triple P: Primary Care | 7, 14, 21, 28 | 2:30–3pm
Triple P: Primary Care | 7, 14, 21, 28 | 3:30–4pm
Triple P: Group | 21, 28 | 12–2pm

Dad's Discussions | 1, 15 | 9–10am
Triple P: Group | 1, 15 | 10:30am–12:30pm
Identity and Gender Expression | 1 | 1:30–2:30pm
Wellness for Teens: Anxiety | 1 | 3–4pm
Mothers Matter | 8, 22 | 9–10am
Wellness for Teens: 4 Quadrants of Wellness | 8 | 10:30–11:30am
Kids Have Stress Too | 8, 22 | 12:30–1:30pm
Dealing With Family Substance Abuse | 15 | 1:30–2:30pm
Digital and Media Safety for Caregivers | 15 | 3–4pm
Wellness for Teens: Resilience | 22 | 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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 YMCA of
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Family Connect

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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.

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E. infohub@ymcanab.ca



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.

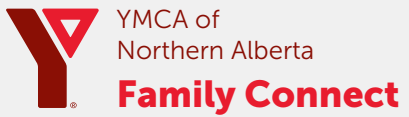
WHAT WE WILL DISCUSS

- ▼ 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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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**

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Funded by:



Sessions are **FREE** and offered regularly



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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 and 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



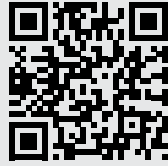
Brought to you by ...



ymcanab.ca/frn

What's happening at the YMCA?

Kickstand Edmonton, operated by YMCA of Northern Alberta, is now open in WEM!



January 20 marked the opening of Kickstand Edmonton, an integrated youth mental health and social support space in West Edmonton Mall!

Our YMCA is honoured to operate this Kickstand location, bringing more than 20 service providers under one roof to offer young people ages 11–25 the help they need, when they need it. Kickstand is supported by the Mental Health Foundation and many other generous, passionate supporters who want to help youth have more good days. Our Y is grateful to the

Edmonton Community Foundation and the City of Champions Lions Club for supporting the YMCA's work at Kickstand.

Kickstand will integrate a wide range of resources into one accessible, youth-centered space, transforming how young Albertans access mental health and support services.

Youth can access free, confidential services with no referral necessary, including:

- Mental health & substance use counselling provided by licensed professionals
- Emotional and system navigation support from trained peers with lived experience
- Employment support services such as job searching, resume building and career exploration
- Interactive workshop sessions focusing on skills, education and wellness
- Indigenous teachings and ceremony space



**“I hit my goals
at the YMCA.”**

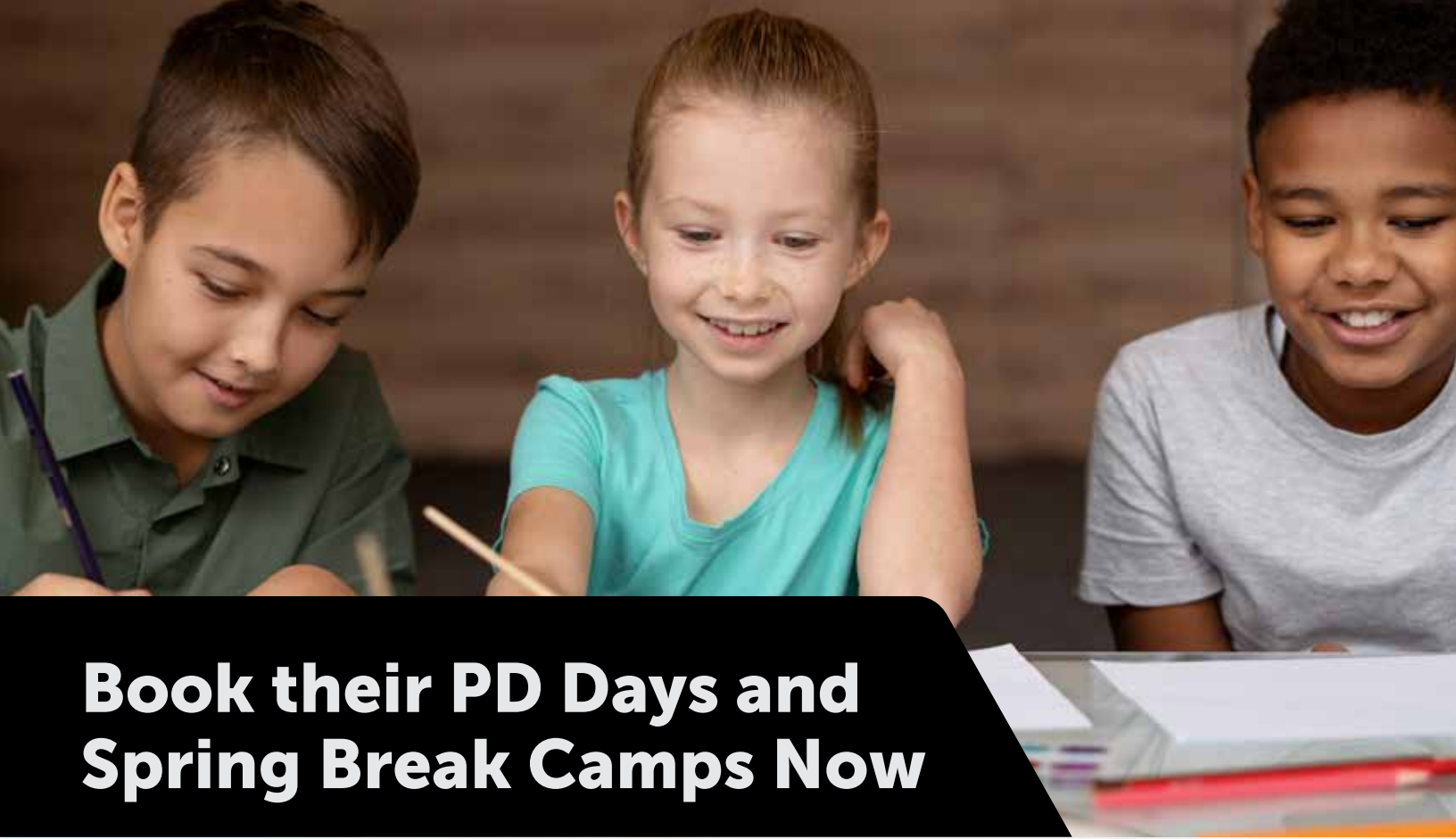
Offer valid until February 15!

» 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

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



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

Launchpad for Women Entrepreneurs


Entrepreneurship 101 Winter Workshops


YOUTH 15-24 ARE WELCOME


Register at www.launchpadforwomen.ca


Phase 1 Setting the Stage

Join our **FREE**, 2-hour in person masterclass. This bootcamp is perfect for anyone who is just starting to think about entrepreneurship or has an early-stage business idea. Discover your target market and how to develop a customer persona, human capital, key performance indicators and leadership essentials!

 **Castle Downs Family YMCA**
Multi Purpose Room 2 6-8 pm
11510 153 Avenue
Edmonton, AB

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If you have any questions please email:
Jasper.jordan@ymcanab.ca

Phase 2 Building Your Foundation PART 1


This **FREE** 2-hour in person masterclass is for you if you have a business idea and have developed the basics of your product/service or completed Phase 1. Learn about making a pitch, legal 101, finance planning, sales funnel, marketing strategy and go-to-marketing strategy.


 **William Lutsky Family YMCA**
Multi Purpose Room 6-8 pm
1975 111 Street
Edmonton, AB

 **William Lutsky Family YMCA**
Multi Purpose Room 6-8 pm
1975 111 Street
Edmonton, AB

Phase 2 Building Your Foundation PART 2

This **Free** 2-hour in person masterclass is for anyone who has completed Phase 2 PART 1 or anyone who wants to learn how to hire talent, pricing strategies, fundraising and **finding the right investor**.

 **William Lutsky Family YMCA**
Multi Purpose Room 6-8 pm
1975 111 Street
Edmonton, AB

 **William Lutsky Family YMCA**
Multi Purpose Room 6-8 pm
1975 111 Street
Edmonton, AB



Launchpad
for Women
Entrepreneurs

Valentines Day Market

FREE entry to the market

Sunday, February 9
4–7pm

Castle Downs Family YMCA
11510 153 Avenue Edmonton, AB

Shine On 

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.

Silver Skate Festival

Monday, Feb 17, 2025
10212 112 Street Northwest



The Silver Skate Festival is a free 10-day family-oriented festival that combines culture, art, education, sport and recreation. They invite everyone to rediscover the joy of that first childhood snowfall or discover that joy for the first time. Bring your skates and glide along Edmonton's River Valley Park's newest outdoor skating rink, marvel at the artistic talent on display in the snow sculpture garden, join the Folk Trail, or learn about indigenous histories and traditions in the Heritage Village.



Free Admission to the Art Gallery

Last Thursday of every month.

2 Winston Churchill Square



The AGA is pleased to offer free admission from 4–7pm on the last Thursday of every month. Explore any of the current exhibits like FAIR WEATHER: Equality, Community, and Climate Change, AGA100: Free for All Anniversary Wall, 1924: Edmonton and the Beginnings of the Art Gallery of Alberta, Boyd Dymchuk and Aaron Harvey: Wavy Dimension or Probably, Plausibly, Possibly. No fee required to participate. Children 5 years and under must be actively supervised by a responsible person aged 13+.



Senior's Drop-In

Seniors' Coffee Drop in at Carnarvon Community Hall 14830 118 St NW, Edmonton, every second Monday at 1:30pm.

Seniors' Drop in at the Castle Downs library right across the street from the YMCA. This group meets once per month on the second Tuesday at 1:30.

Caregiver Resilience Classes:

The Caregiver Resilience programs offered by the **North Central Edmonton Family Resource Network (FRN)** provide a comprehensive suite of workshops aimed at empowering parents and caregivers. These programs focus on enhancing resilience, improving parenting skills, and fostering a supportive community for families.

Registration is preferred. Please email: infohub@ymcanab.ca or call: 780-377-3730 and state which date(s) you are interested in attending.

Isolation and Loneliness

Saturday January 11th 2:30 p.m. to 3:30 p.m.

Addressing Social Isolation and Loneliness can help combat the feelings of disconnection often experienced by caregivers, particularly relevant in our Connected Caregiving program.

Anger Management

Saturday January 25th 2:30 p.m. to 3:30 p.m.

Anger Management techniques can help caregivers better handle stress and maintain healthy relationships with those in their care.

Building Better Boundaries

Saturday February 8th 2:30 p.m. to 3:30 p.m.

Building Better Boundaries can empower our participants to establish healthy limits, essential for both caregivers and those they support.

Living Authentically

Saturday February 22nd 2:30 p.m. to 3:30 p.m.

Authentic Living principles can assist individuals in developing a stronger sense of self, which is crucial for maintaining well-being while caring for others.

Anxiety

Saturday March 8th 2:30 p.m. to 3:30 p.m.

Techniques for managing Caregiver Anxiety can provide much-needed support for those dealing with the stresses of caregiving responsibilities.

Resilience

Saturday March 22nd 2:30 p.m. to 3:30 p.m.

Building strategies can equip our participants with tools to bounce back from challenges, aligning with our goal of promoting healthy environments for everyone involved.

Castle Downs Library, 106 Lakeside Landing, 15379 Castle Downs Road NW
Ph. 780-496-1804



Discovery Club

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

Mondays 4:30p.m.to 5:30p.m.
Ages 6-8

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.

Thursdays 3:30p.m. to 4:30p.m.
Ages 6-12(+)

Castle Downs Library, 106 Lakeside Landing, 15379 Castle Downs Road NW
Ph.780-496-1804



Digital Literacy

Computer Skills Classes:

These are classes for those who are new to computers including English language learners and seniors. A laptop and mouse will be provided as needed. Drop in, limited to 5 participants.

Introduction to Using Computers: Friday January 10th 1:30pm-3:30pm

Learn about the types of computers, what computer parts are called, and how to use a mouse and keyboard. No prior knowledge is required.

Introduction to Microsoft Windows: Friday January 17th 1:30pm-3:30pm

Learn how to navigate a Windows desktop and file system as well as common Windows programs. You should already know basic computer parts and terms, and how to use a mouse and keyboard.

Introduction to Typing and Microsoft Word: Friday January 24th 1:30pm-3:30pm

Learn typing basics, how to use Microsoft Word documents and basic formatting techniques. You should already know basic computer parts and terms, how to use a mouse, and how to launch a program in Microsoft Windows.

Introduction to Browsing and Searching the Internet: Friday January 31st 1:30pm-3:30pm

Learn what the internet is, how to use a web browser, and how to browse and search the internet. You should already know basic computer parts and terms, how to use a mouse and keyboard, and how to navigate Microsoft Windows.

Creating an Email Account: Friday February 7th 1:30pm-3:30pm

Learn how to create an email account and what an email address can be used for. You should already know basic computer parts and terms, how to use a mouse, how to type, how to launch a program in Microsoft Windows and how to navigate an internet browser. (Mobile phone is recommended but not required).

Introduction to Using Email: Friday February 14th 1:30pm-3:30pm

Learn about receiving and sending emails, attaching files, as well as email safety. You should already know basic computer parts and terms, how to use a mouse, how to type, how to launch a program in Microsoft Windows and how to navigate an internet browser. (Mobile phone is recommended but not required).

Introduction to Microsoft Excel: Friday February 21st 1:30pm-3:30pm

You will learn what Excel is and what it can be used to do, how to enter, edit and format data in a spreadsheet and an introduction to constructing basic formulas. You should already know basic computer parts and terms, how to use a mouse and keyboard, and how to navigate Microsoft Windows.

Internet Safety and Privacy: Friday February 28th 1:30pm-3:30pm

You will be introduced to the risks involved in using the Internet as well as ways to identify threats and protect yourself and your devices.

Smartphones and Tablets: Friday March 7th 1:30pm-3:30pm

You will learn the basics of navigating your device, modifying your settings, and recognizing common icons and apps.

**Castle Downs Library, 106 Lakeside Landing, 15379 Castle Downs Road NW
Ph. 780-496-1804**

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.

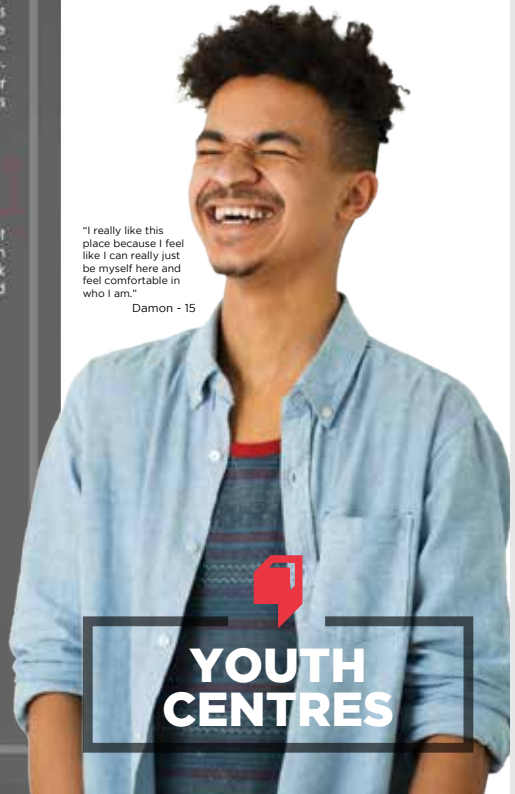
Throughout our youth centres the programming varies slightly. Each centre has attractions such as music equipment, computers, video games, ping pong, football and pool. We have board games, free snacks and food, gym space, and more. While these attractions bring youth into our centres, what often keeps 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

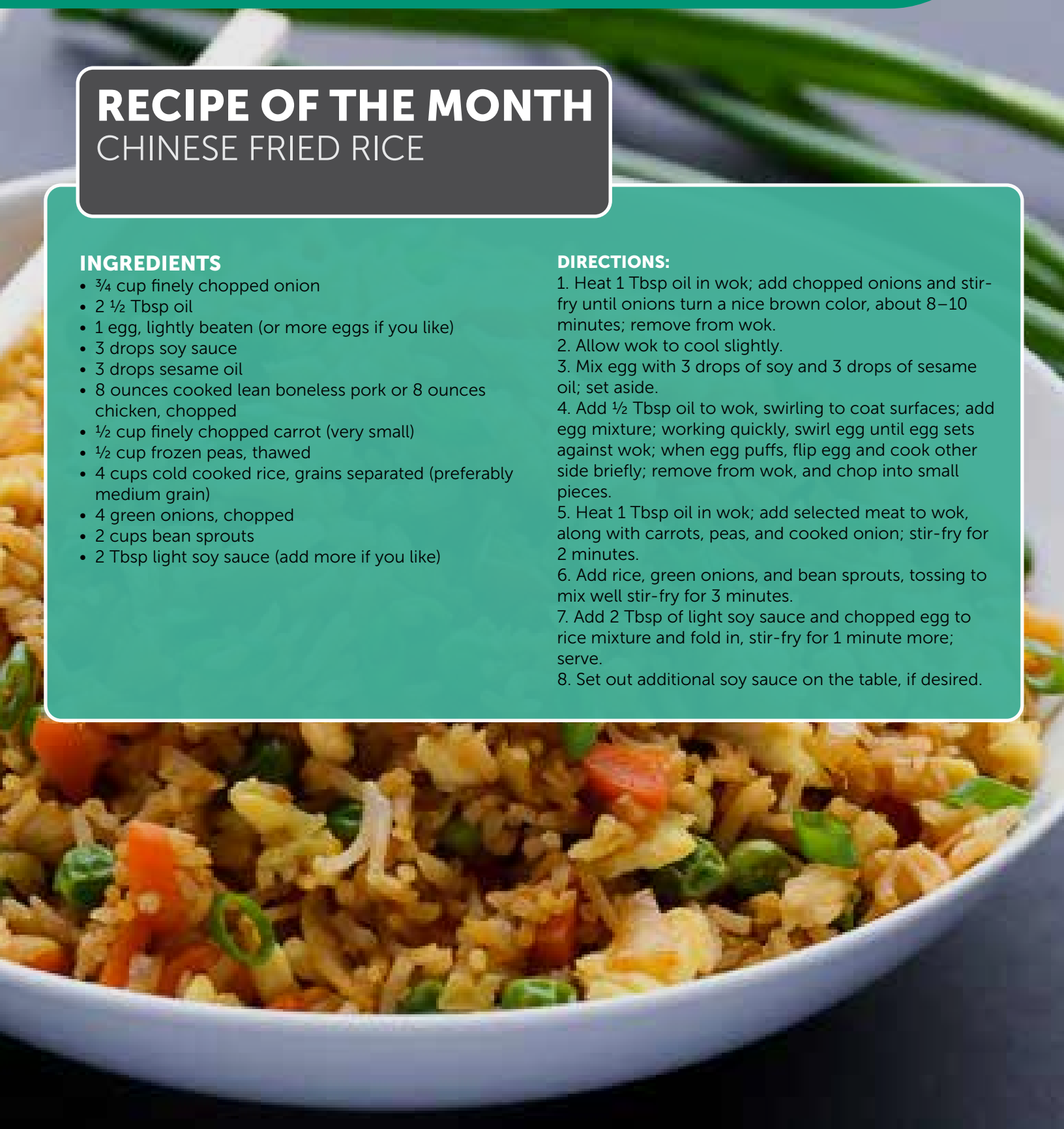
CHINESE FRIED RICE

INGREDIENTS

- $\frac{3}{4}$ cup finely chopped onion
- 2 $\frac{1}{2}$ Tbsp oil
- 1 egg, lightly beaten (or more eggs if you like)
- 3 drops soy sauce
- 3 drops sesame oil
- 8 ounces cooked lean boneless pork or 8 ounces chicken, chopped
- $\frac{1}{2}$ cup finely chopped carrot (very small)
- $\frac{1}{2}$ cup frozen peas, thawed
- 4 cups cold cooked rice, grains separated (preferably medium grain)
- 4 green onions, chopped
- 2 cups bean sprouts
- 2 Tbsp light soy sauce (add more if you like)

DIRECTIONS:

1. Heat 1 Tbsp oil in wok; add chopped onions and stir-fry until onions turn a nice brown color, about 8–10 minutes; remove from wok.
2. Allow wok to cool slightly.
3. Mix egg with 3 drops of soy and 3 drops of sesame oil; set aside.
4. Add $\frac{1}{2}$ Tbsp oil to wok, swirling to coat surfaces; add egg mixture; working quickly, swirl egg until egg sets against wok; when egg puffs, flip egg and cook other side briefly; remove from wok, and chop into small pieces.
5. Heat 1 Tbsp oil in wok; add selected meat to wok, along with carrots, peas, and cooked onion; stir-fry for 2 minutes.
6. Add rice, green onions, and bean sprouts, tossing to mix well stir-fry for 3 minutes.
7. Add 2 Tbsp of light soy sauce and chopped egg to rice mixture and fold in, stir-fry for 1 minute more; serve.
8. Set out additional soy sauce on the table, if desired.



Parent Corner

Tip of the Month

Emotional Intelligence

1. Foster Emotional Awareness: Teach children to identify and express their emotions constructively

2. Practice Empathy: Encourage discussions about feelings and perspectives to enhance empathy skills

3. Validate Emotions: Acknowledge your child's feelings, helping them understand that it's okay to feel upset or frustrated

4. Role-Playing Scenarios: Use role-playing to practice social situations and emotional responses

5. Create a Safe Space: Ensure your home is a safe environment where children feel comfortable expressing themselves



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.