



North Central Edmonton Family Resource Network

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

● CLOSED
April 18



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● CLOSED
April 18

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

TUTORING

This is a one-to-one matching program, which serves a student with an adult tutor who meets with their mentee once or twice weekly and participates in intentional tutoring sessions. A student is matched to a tutor at one of our Boys and Girls Club in our West Club location, and they spend 45–60 minutes a week doing activities that facilitate literacy development, academic skills, and confidence

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!

GAME CHANGERS

BGCBigs.ca/GAMECHANGERS

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

▶ APPLY TODAY



FREE TUTORING AVAILABLE! GRADES 1 - 12!

Monday- Friday from 3:30pm - 6:30pm

Tutoring will take place at BGCBig's West Club located at 16030 104 Ave NW. Registered tutoring sessions take place once a week for 30 - 60 minutes. Staff or volunteer tutors can assist with most subjects upon availability.

Learn more or register for tutoring today.

**CONTACT SHANNA LIU, TUTORING COORDINATOR, BY CALLING
587-926-5213 OR SEND AN EMAIL TO SHANNA.LIU@BGCBIGS.CA**

BGCBigs.ca



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area (BGCBigs)

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



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.

SPRING AT KARA!

Monday

Adventures in Play presents: Early Explorers

Apr 7 - Jun 9
Break:
Apr 21 & May 19
10am-11am
Parented



Afterschool Adventures

Apr 7 - Jun 9
Break:
Apr 21 & May 19
6-12yrs
3:30pm-5:00pm

Circle of Security

(Parent Ed)
Apr 7 - Jun 9
Break:
Apr 21 & May 19
6:00pm-7:30pm

Tuesday

Adventures in Play with Play expert Alyssa

Apr 8 - Jun 10
9:30am-11am
Parented

Marvelous Moms

Apr 8 - Jun 10
9:30am-11am
Parented

Community Connection (Drop in)

Apr 8 & 15
May 20 - Jun 10
9:30am-11:30am

Afterschool Adventures

Apr 8 - Jun 10
3:30pm-5pm

Family Book Club Online

With Centre for Family Literacy
Apr 7 - Jun 10
6:15pm-7:00pm
Online

Wednesday

Family Fun Night

Parented
Apr 30 - Jun 4

Dinner at 5pm

Program:
5:30pm-7pm

Family night is a chance to relax, laugh and grow together. Come and create lasting memories with us.

Each gathering features interaction, activities, games and discussions that strengthen family bond while promoting communication, teamwork, and shared experiences.



Thursday

Adventures in Play with Play expert Alyssa

Apr 10-Jun 12
9:30am-11am
Parented

Community Connection (Drop in)

Apr 10 & 17
May 22 - Jun 12
9:30am-11:30am

Kids in the Kitchen

#1: Apr 10 - May 8
6-9yrs
#2: May 22 - Jun 19
10-12yrs
2:45pm-4:30pm

Afterschool Adventures

Apr 10 - June 12
2:30pm-4:30pm

Friday

Story Sprouts

With Centre for Family Literacy
May 11 - Jun 13
Break: Apr 18
9:30am-11am
Parented

Books & Bites

Apr 25- Jun 13
Break: Apr 18,
May 9, May 16
10am-11:30am
Parented



One-On-One

Parent Education
(Appt Only)
1pm-3pm

See full guide for locations, dates, and other important information.

Register for FREE Programs:

Phone: 780-478-5396

Email: registration@kara-frc.ca



FAMILY
RESOURCE
CENTRE

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.



10:00AM-11:30AM
APR 25- JUN 13
BREAK: APR 18, MAY 9, MAY 16



YMCA CASTLE DOWNS



Register today!
Phone: 780-478-5396
Email: registration@kara-frc.ca



FAMILY
RESOURCE
CENTRE





FAMILY RESOURCE CENTRE

LEARNING THROUGH PLAY

with Play Expert Alyssa



LITTLE EXPLORERS

0-6 yrs

This playgroup nurtures children's curiosity about nature through play-based, educator-directed activities centered on spring, planting, and growth. Each session encourages hands-on learning through sensory exploration, creativity, and movement while fostering emotional, social, cognitive, and physical development.

Mondays: April 7 - June 9 *YMCA*
Break: April 21, May 19 *Castle Downs*
10:00am - 11:00 am *11510 153 Ave NW*

ADVENTURES IN PLAY

0-6 yrs

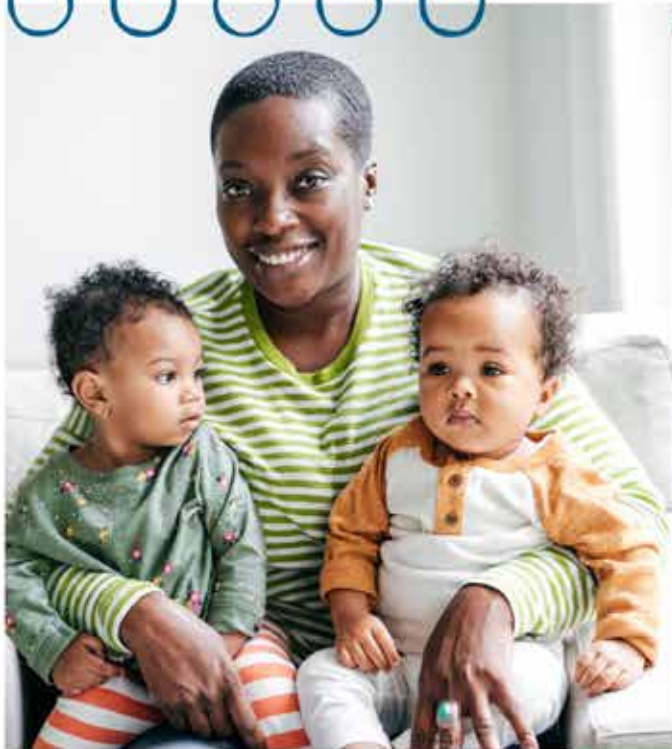
Adventures in Play is a playgroup that nurtures children's curiosity about nature through play-based, educator-directed activities centered on spring, planting and growth. Each session encourages hands-on learning through sensory exploration, creativity, and movement while fostering emotional, social, cognitive and physical development.

Tuesday: April 8 - June 10 *Balwin Community League*
9:30am - 11:00am *2904 74 st NW*
Thursday: April 10 - June 12 *Kensington Community League*
9:30am - 11:00am *12130 1346 Ave*



Literacy Programs

with Centre for Family Literacy



STORY SPROUTS

0-6 yrs

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!

Fridays

April 11 - June 13

Break: April 18

9:30am - 11:00am

YMCA

Castle Downs

11510 153 Ave NW

FAMILY BOOK CLUB

3-6 yrs

Family Book Club is an engaging program that allows parents and their children to develop and strengthen their literacy, numeracy and language skills through interactive story sharing and weekly activities.

Tuesdays

April 8 - June 10

6:15pm - 7:00pm

Online





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.



Mondays
Apr 7 - Jun 9
Break: Apr 21 & May 19

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



Tuesday
April 8 - June 10

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



Thursday
April 10 - June 12

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



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



FAMILY
RESOURCE
CENTRE

YMCA Family Connect Programs



April Workshop Highlights

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

Triple P: Group

Are you worried about your child's behaviour? Do you want to prevent issues from getting bigger? Or maybe you just want to feel prepared for whatever might come your way. If you've already tried some ways to help but haven't yet seen the results you want, joining Group Triple P can provide support. Through a series of group and one-to-one sessions, you'll learn all the strategies of positive parenting, how to encourage the behaviour you want to see, and create a specific plan that's right for your situation. Get the support you need to boost your parenting skills, confidently deal with challenges and maintain positive changes.

Triple P: Fear-Less

Build resilience in children and help them manage anxiety. All kids feel anxious from time to time. But if your child is struggling with frequent worries, extra support can help. This self-paced programme helps you to get a better understanding of anxiety and learn evidence-based strategies to help them overcome it—safely and gradually. Help them develop their own toolkit of coping skills and become more emotionally resilient. This will not only support

your child, but can also make the whole family feel more confident, calm and capable.

Cooperative Coparenting through Separation or Divorce

Active parenting cooperative co-parenting is a program designed to help divorced or separated parents work together in the best interests of their children. It focuses on fostering effective communication, collaboration, and conflict resolution between co-parents to ensure a healthy, stable environment for the children, despite the challenges of living in two households. **Who is this program for?** Divorced or separated parents

Rainbows

The Rainbows program is a support program designed for children who are grieving the loss of a family member due to various reasons, including death, separation, divorce, incarceration, deployment, or significant illness. The program aims to provide emotional support, help children understand and process their grief, and offer them coping tools to manage their feelings. **Who is this program for?** Children ages 3 and up who are grieving

Prisms

This program aims to help individuals sort through their pain and confusion, build self-esteem, and develop positive coping strategies to deal with loss. **Who is this program for?** College-age young adults and adults

NOW AVAILABLE!

Find all of our classes and workshops in one location with our new **Caregiver Education booklet!**

The booklet cover features a photograph of a man with glasses and a blue shirt leaning over a table, smiling at a young child who is holding a colorful string of beads. To the right, another photograph shows a woman and a man smiling, with a young girl in a colorful patterned dress and a yellow headband in the foreground. The booklet has a red spine with white text.

YMCA FAMILY CONNECT
CAREGIVER EDUCATION
PROGRAM MENU



View or Download
your copy today!

April at a glance!

APRIL						
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			

MONDAYS

Digital and Media Safety for Caregivers | April 14 | 4–5pm
Wellness for Teens: Resilience | April 14 | 5–6pm
Caregivers Resilience: Building better Boundaries | April 14 | 6:30–7:30pm
Understanding Online Gaming for Caregivers | April 28 | 4–5pm
Wellness for Teens: Living Authentically | April 28 | 5–6pm
Caregiver resilience: Isolation and Loneliness | April 28 | 6:30–7:30pm

Sunbeams (Ages 3-5) | April 8, 15, 22, 29 | 4:30–5pm
Rainbows Lv 1 (Ages 6-8) | April 8, 15, 22, 29 | 5:15–5:45pm
Rainbows Lv 2 (Ages 8-10) | April 8, 15, 22, 29 | 6–6:45pm
Rainbows Lv 3 (Ages 10-12) | April 8, 15, 22, 29 | 7–8pm
Cyberbullying for Youths | April 15 | 4–5pm
Wellness for Teens: 4 Quadrants of Wellness | April 15 | 5:30–6:30pm
Mindfulness for Family | April 15 | 7–8pm
Identity and Gender Expression | April 22 | 4–5pm
Wellness for Teens: Resilience | April 22 | 5:30–6:30pm
Grief Triage | April 22 | 7–8pm
Digital and Media Safety Youth | April 29 | 4–5pm
Parenting in Two Cultures | April 29 | 5:30–6:30pm
Recognizing and Responding to Hate | April 29 | 7–8pm

TUESDAYS

WEDNESDAYS

Wellness for Teens: Anxiety | April 9 | 1–2:30pm
Whole Brain Child | April 9, 16, 23, 30 | 2:30–3:30pm
Rainbows Lv 4 (Ages 12-14) | April 9, 16, 23, 30 | 4:15–5:15pm
Spectrum (Ages 14-17) | April 9, 16, 23, 30 | 5:30–6:30pm
Prism (Caregivers) | April 9, 16, 23, 30 | 7–8pm
Nobody's Perfect | April 16, 23, 30 | 1–2:30pm

April at a glance!

APRIL						
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			

Wellness for Teens: Resilience | April 10 | 1–2pm
Caregiver Resilience: Anxiety | April 10 | 2:30–3:30pm
Caregiver Resilience: Anger Management | April 10 | 4–5pm
Triple P: Fear-less | April 17, 24 | 3:30–5pm
Active Parenting for Teens | April 17, 24 | 6–8pm
Tips and Tricks for Studying | April 17 | 4–5pm
Wellness for teens: Anxiety | April 17 | 5:30–6:30pm
This Girl Can | April 17 | 7–8pm
Life After Highschool | April 24 | 4–5pm
Dealing with Family Substance Abuse | April 24 | 5:30–6:30pm
This Girl Can | April 24 | 7–8pm

THURSDAYS

FRIDAYS

Caregiver Resilience: Isolation and Loneliness | April 11 | 12–1pm
Wellness for Teens: Living Authentically | April 11 | 1:30–2:30pm
Caregiver Resilience: Building Better Boundaries | April 11 | 3–4pm
Circle of Security Parenting | April 18, 25 | 12–1:30pm
Triple P Group | April 18, 25 | 2–4pm

Dads' Discussions | April 12, 26 | 9–10am
Sunbeams (Ages 3-5) | April 12, 26 | 10:30–11:30am
Talk to Me | April 12, 26 | 12:30–1:30pm
Triple P Family Transitions | April 12, 26 | 2–4pm
Mothers Matter | April 19 | 9–10am
Playtime | April 19 | 10:30–11:30am
Kids Have Stress Too! | April 19 | 12:30–1:30pm

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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E. infohub@ymcanab.ca



Circle of Security

**YMCA Family Connect Caregiver Education*

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

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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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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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?

Castle Downs Family YMCA

11510 153 Avenue, Edmonton, AB T5X 6A3

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Funded by:



Sessions are **FREE** and offered regularly



To register visit ymcanab.ca/familyworkshops

Registration is required, refreshments will be provided.

▽ 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.



What's happening at the YMCA?

YMCA Summer Day Camp



This summer, send your kids on an adventure they'll love with YMCA summer day camps! YMCA camp is the perfect place for kids ages 4 to 15 to try something new, build confidence, and make friendships that will last a lifetime.



YMCA summer day camps spark imagination and fun, whether your kids love sports, swimming, skateboarding, creative arts, cooking, science, or nature! Your kids can experience a new camp each week or experience a full month of fun doing what they love.

YMCA summer day camps are led by trained counsellors whose goal is to ensure your kids have fun, stay safe, and learn something new every day, no matter your child's background or needs. All YMCA counsellors complete extensive

safety and emergency training and are equipped with all the skills needed to help kids learn, grow and thrive.

YMCA summer day camps are offered at select YMCA Health, Fitness and Aquatics Centres in Edmonton. All camps run from 8:30 AM to 4:30 PM daily, with additional pre- and post-camp care available for your convenience. Registration is open, so sign up today while space is still available! Visit the YMCA of Northern Alberta website to learn more and register online.

When: Weekly from June 30–August 22, 2025
Time: Camps run 8:30 AM–4:30 PM daily; Pre- and post-camp care available
Locations:

- Castle Downs Family YMCA
11510 153 Avenue, Edmonton
- Jamie Platz Family YMCA
7121 178 Street, Edmonton
- William Lutsky Family YMCA
1975 111 Street, Edmonton

Website: ymcanab.ca/camps



YMCA SUMMER DAY CAMP



Shine On

Choose your camp!

Ages 4–6

Art-Rageous
Y Sci
Y Swim
Y World of Sports

Ages 6–9

Aqua Explorers
Art-Rageous
Y Basketball
Y Explorers
Y Sci
Y Soccer
Y Swim
Y World of Sports

Ages 9–12

Aqua Explorers
Art-Rageous
Y Basketball
Y Explorers
Y Sci
Y Soccer
Y Swim
Y World of Sports

Ages 12–15

Y Explorers

Ages 13–15

Counsellor In
Training



Get your spot now at ymcanab.ca/camps



Join us at our
Strong Kids
Strong Communities

Pizza with a Purpose

Come and enjoy some pizza, learn about the YMCA as a charity and the impact we make in the community.



Date: Tuesday, April 8, 2025

Time: 5–7pm

Location: Castle Downs Family YMCA

There is no charge to attend, however people will be asked to consider making a donation to the YMCA Strong Kids, Strong Communities campaign.

Generously supported by Domino's Pizza



Make your donation go further!
Visit ymcanab.ca/support-our-cause
to learn more make a difference today!





FREE Grad Dresses & Suits

Castle Downs Family YMCA (11510 153 Avenue) is partnering with **Sherwood Park Elks Gowns4Grads** to offer students a chance to pick a new or used dress or suit for free!

Saturday, April 5
Sunday, April 6
10–3pm

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

It's your night. Go in style!



*Have a dress or suit to donate?
Kindly drop it off the week prior!*

Strong Kids
Strong Communities



Help
kids shine.

Donate to
the YMCA today.



Make your donation go further!
Visit ymcanab.ca/support-our-cause
to learn more make a difference today!





Fill their PD Days with fun games and activities!

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.

School Break Camps

Camp times: 8:30am–4:30pm

Pre-care (included) from:
7:30–8:30am

April	May
17, 21	20, 21



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

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.



What's happening in your city this month?

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

Edmonton Scavenger Hunt: Alberta's Charming Capital



Wednesdays
App-guided walking tour

On this fun-filled Edmonton scavenger hunt, find storied buildings, epic statues and great green spaces along the river.

Why do kids love the Alberta Legislature Building? Why is City Hall a pyramid? Find out on this scavenger hunt of Edmonton! 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.



Art Hive, Alberta Art Gallery

Thursdays, 12–2pm
Atrium level, AGA
2 Winston Churchill Square



Join AGA educators and students from St. Stephen's College Art Therapy program in the art studio Art Hive; a weekly community-based art making initiative that is FREE and open to all, every Thursday from 12–2pm.



Senior's Drop-In

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

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.

ZINE FEST!

SATURDAY

APRIL 5th



BUY!

SELL!

TRADE!!

YES! FREE FOOD!

BUT BRING CASH TO BUY ZINES!

CREATE! →

COME & MAKE A COOL ZINE WITH THE
COOL PEOPLE FROM @the.cherry.pit.yeg

Email editor@zineandheard.ca

or text Penny at 780-221-6124

to book your free table.

Don't delay!



Zine &
HEARD

Edmonton



Parent Corner

Recipes, advice and more...

RECIPE OF THE MONTH

Broccoli Cheddar Soup

INGREDIENTS

- 2 Tbsp vegetable oil
- 2 unsalted butter
- 1 leek, white and pale green part only, chopped
- 1 carrot, chopped
- 1 celery rib, chopped
- 1 garlic clove, crushed under a knife and peeled
- 1 head broccoli, stems peeled and chopped, tops cut into florets
- ¼ cup all-purpose flour
- 6 cups chicken stock or broth
- 2 cups sharp cheddar cheese
- 4 tsp cornstarch
- kosher salt and freshly ground pepper

DIRECTIONS:

1. In a soup pot, heat the oil and butter together over medium heat until the butter is melted. Add the leek, carrot, celery, and garlic and cover. Cook, stirring occasionally, until the leek is tender, about 5 minutes. Stir in the broccoli.

2. Sprinkle the broccoli mixture with the flour and mix well. Stir in the broth and bring to a simmer over high heat. Reduce the heat to medium-low and simmer, with the lid ajar, until the broccoli is very tender, about 20 minutes. Remove from the heat.

3. Using a hand-held blender, process the soup until smooth. (Or, in four or five batches, purée the soup in a blender with the lid ajar and transfer to a large bowl. Be sure to purée the soup in batches with the lid ajar, or the steam could force the lid off the blender. Return the puréed soup to the pot.)

4. Return the soup to a simmer over medium-low heat. In a medium bowl, toss the cheddar and cornstarch together to coat the cheddar. A handful at a time, add the coated Cheddar to the soup, and let it melt. Bring to soup just to a simmer. Season with salt and pepper. Serve hot.

Change it up: Cauliflower and Romanesco can be substituted for the broccoli or try gruyère instead of the cheddar cheese. Garnish the soup with mini broccoli florets, if you wish.

Parent Corner

Tip of the Month

Physical Health

1. **Promote Active Play:** Encourage outdoor activities and sports to keep kids physically active
2. **Healthy Eating Habits:** Involve children in meal planning and preparation to teach them about nutrition
3. **Limit Sugary Drinks:** Encourage water consumption over sugary beverages for better health choices
4. **Regular Health Check-ups:** Schedule routine medical check-ups and dental visits for your children
5. **Family Fitness Challenges:** Create fun fitness challenges that the whole family can participate in together



Parent Corner

Activity of the Month



WWW.THEBESTIDEASFORKIDS.COM

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.