



YMCA FAMILY CONNECT
CAREGIVER EDUCATION



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YMCA Family Connect offers FREE workshops, activities and events for families and caregivers*. Family Connect programs support parents, caregivers, single parents, guardians, teenagers, children and youth. Services are offered through the North Central Edmonton Family Resource Network (FRN) at the Castle Downs Family YMCA.

Family Connect programs help families thrive by supporting communication, confidence and unity. Program offerings include:

- Grief, loss and conflict support
- Assistance with parenting strategies, social connections and child development
- Support for teens and youth to build self-esteem, independence, confidence and resilience

Workshops are offered throughout the calendar year. Family Connect partners with community stakeholders to deliver workshops locally. For more information, partnership inquiries or to learn how YMCA Family Connect can support you, please contact us at the North Central Edmonton FRN

at infohub@ymcanab.ca

* The Term "Caregiver" is used to describe anyone who provides care (parent, guardian, nanny, grandparent, kinship, etc.) to children/teens under the age of 18.



**WORKSHOPS FOR
CAREGIVERS/
PARENTS**



TRIPLE P: Primary Care

What is it?

Find support in a one-to-one format and develop parenting plans to manage behavioral issues (e.g. tantrums, fighting, shopping) and skill development issues (e.g. eating independently, toilet training, staying in bed at night).

Who should attend?

Caregivers who have children ages 2–12, experiencing difficulties addressing specific behaviours or seeking support in child development skills.

Workshop is 4 sessions.
30 minutes per session.

TRIPLE P: Group

What is it?

Learn all you need to know about parenting. Meet other parents, share stories and find support. Learn tips and suggestions to fit the needs of your family with real-life examples and take-home resources. Workshop supports parents with behavioural concerns that need to be mild or moderate.

Who should attend?

Any caregiver or parent with children ages 2–12.

Workshop is **8 weeks**
(5 in-person group sessions
and 3 phone call sessions, each
approximately 2 hours)

TRIPLE P: Teen Primary Care

What is it?

Get advice in a one-to-one format and support parenting your teenager (up to 16 years) during focused consultations and routine health surveillance and care.

Who should attend?

Caregivers of teenagers 10–16, seeking support to address behavioural problems (e.g. rudeness, disrespect) or help teaching teens skills (e.g. independent problem solving, emotional regulation, positive communication).

Workshop is 4 sessions.
30 minutes per session.

TRIPLE P: Fear-Less

What is it?

Tools and tips to help children manage anxiety and emotions. Caregivers will develop an understanding of anxiety and fear with a range of strategies, tools and knowledge to help your family manage anxiety and worry.

Who should attend?

Caregivers who want to learn more about anxiety and receive tools and strategies to support children and teens.

Prisms & Kaleidoscope

What is it?

A curriculum designed to help caregivers work through their grief and rebuild the family unit. Workshop will help sort through pain and confusion, build self-esteem and learn positive coping strategies to deal with loss

Who can attend?

Caregivers experiencing grief and loss.

Workshop is 6 sessions.
1.5 hours per session.

Workshop is 10 sessions.
1 hour per session.



TRIPLE P: Family Transitions

What is it?

For parents experiencing personal distress from separation or divorce, impacting or complicating their parenting. Caregivers will get new ideas, techniques and strategies to navigate the day-to-day struggles of divorce.

Who should attend?

Parents and caregivers going through separation and divorce where there are unresolved conflicts and communication barriers.

Workshop is 5 sessions.
2 hours per session.

Active Parenting for Teens

What is it?

A video and discussion workshop for parents of preteens and teens to teach effective discipline, responsibility and communications with their children. Sessions show parents how to approach and handle sensitive issues such as drugs, sexuality and violence.

Who should attend?

Caregivers seeking to expand their skillset in supporting children through their teenage years.

Workshop is 6 sessions.
2 hours per session.

Cooperative Co-Parenting through Separation or Divorce

What is it?

A series to help soon-to-be divorced (or previously divorced) parents learn to shelter their child from parental conflict while establishing a positive new relationship as a co-parent.

Who should attend?

Parents seeking to develop skills in how to guide children through the process of recovery while establishing a cooperative, long-term relationship with their ex.

Workshop is 8 sessions.
2 hours per session.

Caregiver Resilience

What is it?

Subject-specific, one-session workshops to help address different issues that caregivers may face.

Who should attend?

Caregivers interested in learning more about the following subjects:

- **Anger Management:** Learning tools and tactics to help control anger and prevent this powerful emotion from getting the best of caregivers.
- **Anxiety:** Gain a better understanding of what anxiety is and learn some tools to help cope with it as a caregiver.
- **Authentic Living:** Learn how to examine yourself and learn not only how to value yourself as an individual, but how to also live according to your values instead of the expectations of others.
- **Building Better Boundaries:** See and learn the power of “no” and why it is healthy to use it. Learn different ways to take better care of yourself among the chaos of life while caregiving.
- **Isolation and Loneliness:** Learn how feeling disconnected and lonely can impact your physical wellness while gaining important strategies to help you enjoy the world outside the house.
- **Resilience:** Learn how to bounce back from setbacks and come out better on the other side. Explore different ways to take better care of yourself among the chaos of life while caregiving.

Workshop is 1 session.
1 hour per session.



Speech and Language Therapist

What is it?

A presentation focusing on the milestones of speech and language learning in young children and how caregivers can support their learning. Presented by a professional Speech and Language Therapist with a question-and-answer period

Who should attend?

Caregivers of young children (0–6 years) seeking a better idea of how their child is progressing in speech and language learning.

Workshop is 1 session (1 hour)

Parenting in 2 Cultures

What is it?

A course providing an overview of Canadian cultural views on raising children to help caregivers find the balance between staying true to their culture, while raising a child in Canada.

Who should attend?

Caregivers seeking to understand more about raising a child in Canada.

Workshop is 1 session (1 hour)

Grief Triage

What is it?

A workshop to discuss strategies and immediate actions to support children through difficult life moments of loss and separation. You'll learn everyday techniques to create a nurturing environment for a grieving child, as well as a diverse toolkit of healthy coping mechanisms to explore together.

Workshop is 1 session (1 hour)

Who should attend?

Caregivers seeking concrete and immediate ideas of how to best support grieving family members.



Whole-Brain Child

What is it?

A 5-course series that delves into the brain of a child to help understand the biology of brain development and how it affects a child's psychology.

Circle of Security Parenting

What is it?

A relationship-based model of parenting based upon attachment theory. By making the caregiver/child bond stronger and more nurturing, children become more secure (and exhibit fewer problem behaviours).

Workshop is 5 sessions.
1 hour per session.

Who should attend?

Caregivers interested in learning about the brain development of 3–12-year-olds and how to use that knowledge to interact with them more successfully.

Workshop is 8 sessions.
1.5 hours per session.

Who should attend?

Caregivers of children 0–6 years-old seeking to improve the relationship with their child and help them have healthier friendships and relationships in the future.



Financial Literacy

What is it?

In cooperation with local financial institution professionals, this series of one-session presentations aims to increase financial literacy and comfort.

Who can attend?

Caregivers interested in learning about the following topics:

- Introduction to Banking
- Introduction to Basic Budgeting
- Introduction to Credit Cards and Prepaid Cards
- Loans you Don't Want
- Loans: Costs and Obligations
- Registered Retirement Savings Plans (RRSPs) and Tax-Free Savings Accounts (TFSA's)
- Identity Theft and Fraud Protection
- Debt Smarts
- Building a Healthy Credit History
- Introduction to Registered Education Savings Plans (RESPs)
- Understanding Contracts
- Financial Wellness for Seniors

Workshop is 1 session.
1 hour per session.



Digital and Media Safety for Caregivers

What is it?

A session to help caregivers better understand the influence of the internet and video games, their dangers and how to protect and guide your children toward being good digital citizens while staying aware of their digital footprint.

Who should attend?

Caregivers wanting to learn about how to better protect their children when they are online.

Workshop is 1 session (1 hour)

Understanding Online Gaming for Caregivers

What is it?

A workshop where caregivers will discover how to communicate with and help their children safely participate in online gaming. The workshop highlights the social, cultural and cognitive benefits of online gaming while helping caregivers understand the benefits and risks of gaming, the online community and gaming culture.

Who should attend?

Caregivers who want a better understanding of the online worlds that their children inhabit, play and create in.

Workshop is 1 session (1 hour)

Cyberbullying for Caregivers

What is it?

A presentation that teaches caregivers what cyberbullying is, some warning signs that children are experiencing cyberbullying, laws related to cyberbullying and how to respond to cyberbullying.

Who should attend?

Caregivers who want to better understand and support children who may be the target of cyberbullying.

Workshop is 1 session (1 hour)

Hold Me Tight —Let Me Go

Workshop
is 5 sessions
(1 hour each)

What is it?

A 5-session series exploring strategies to strengthen the caregiver/teen bond through mutual understanding, focusing on managing independence, responsibility and communication challenges.

Who should attend?

Caregivers and teens struggling with issues like independence, responsibility and relationship dynamics.

Kids Have Stress Too!

Workshop
is 2 sessions
(1 hour each)

What is it?

A two-part presentation that teaches caregivers to recognize signs of stress in children and provides strategies like emotion labeling and problem-solving to help manage it together.

Who should attend?

Caregivers interested in helping their children handle stress more effectively.



Dealing with Family Substance Abuse

What is it?

A presentation that provides information on substance abuse, its impact on families and strategies to support both the individual and the family as a whole.

Who should attend?

Caregivers seeking tools to support their families in dealing with substance abuse challenges.

Workshop is 1 session (1 hour)



**WORKSHOPS FOR
CHILDREN, YOUTH
AND TEENS**

Rainbows

What is it?

A peer support workshop offering age-appropriate workshops for children and teens who have experienced separation, divorce, death or other painful family transitions. Participants meet weekly in small groups led by trained facilitators to process grief, build self-esteem and learn coping strategies.

Who should attend?

Children (ages 3–14), teens (ages 14–18),
Workshops include:

- **Sunbeams:** Ages 3–5
- **Rainbows Levels 1–4:** Ages 6–14
- **Spectrum Levels 1–2:** Ages 14–18

Workshops vary based on age group.

Typically run 30–60 minutes for 10 sessions.



Healthy Teen Relationships

What is it?

A presentation that helps teens navigate relationships by identifying what is healthy, recognizing red flags and building strong, positive connections.

Who should attend?

Teens ages 13–17 who want to learn about healthy relationships and avoid unhealthy dynamics.

Workshop is 1 session (1 hour)

Life After High School

What is it?

A presentation that explores options and possibilities for teens transitioning out of high school, helping them plan their next steps.

Who should attend?

Teens ages 15–18 who are curious or unsure about their post-high school plans.

Workshop is 1 session (1 hour)

Tips and Tricks for Studying

What is it?

A presentation that provides practical studying strategies to improve academic performance and prepare for tests and assignments.

Who should attend?

Teens who want to enhance their study skills and academic success. (Junior and High school students)

Workshop
is 1 session
(1 hour)

Financial Literacy for Teens

What is it?

A session that teaches teens the basics of financial management, including understanding bank accounts, credit scores, student loans and responsible money habits.

Who should attend?

Teens interested in learning how to manage their finances responsibly.

Workshop
is 1 session
(1 hour)



Wellness for Teens

What is it?

A series of one-session workshops addressing key topics in a teenager's daily life, including physical, mental and social wellness, as well as tools for self-discovery and resilience.

Who should attend?

Teens aged 13–17 interested in personal growth and wellness.

Topics include:

- **4 Quadrants of Wellness:** Strategies to improve physical, mental, social and community wellness.
- **Anxiety:** Understanding anxiety and learning effective coping tools.
- **Living Authentically:** Exploring self-discovery and personal identity.
- **Resilience:** Developing skills to bounce back from setbacks and grow through challenges.

Workshop is 4 sessions
(1 hour per topic each session)

Digital and Media Safety for Youth

Workshop
is 1 session
(1 hour)

What is it?

A presentation that covers safe and responsible digital citizenship, including online etiquette, preventing cyberbullying and protecting personal information.

Who should attend?

Teens who want to understand online dangers and learn how to protect themselves in the digital world.

Cyberbullying for Youth

Workshop
is 1 session
(1 hour)

What is it?

A presentation that educates teens on what cyberbullying is, its warning signs, relevant laws, and how to respond effectively.

Who should attend?

Teens interested in understanding and addressing cyberbullying.



Recognizing and Responding to Hate for Teens

What is it?

A presentation that helps teens identify hate in various forms, safely respond to it and take a stand against it in their communities.

Who should attend?

Teens who want to foster positive change and actively combat hate in their communities.

Workshop
is 1 session
(1 hour)

Talk 2 Me

What is it?

A two-session workshop focused on stress management, discussing its signs, impacts and strategies for coping, while fostering open conversations about mental well-being.

Who should attend?

Anyone feeling overwhelmed by stress and seeking peer support in managing it.

Workshop
is 2 sessions
(1 hour per
session)



**WORKSHOPS
FOR THE
WHOLE FAMILY**

Mindfulness for Families

Workshop is 1 session (1 hour)

What is it?

A workshop that teaches mindfulness techniques to help families focus, find peace and manage stress in their daily lives and during challenging situations.

Who should attend?

Any family or family member seeking to better manage everyday stress and improve emotional well-being.

Allyship for Youth

Workshop is 1 session (1 hour)

What is it?

An introductory presentation explaining the terminology, expressions and respectful practices related to LGBTQ+ identities, fostering understanding and allyship.

Who should attend?

Anyone interested in learning about LGBTQ+ terminology and how to be respectful, with age-appropriate options for younger participants.



Identity and Gender Expression

Workshop is 1 session (1 hour)

What is it?

A seminar exploring the spectrum of identity and gender expression, offering a deeper understanding of their nuances and individuality.

Who should attend?

Anyone wanting to better understand the concepts and diversity of identity and gender expression.

Recognizing and Responding to Hate

Workshop is 1 session (1 hour)

What is it?

A presentation that helps adults identify hate in various forms, safely respond to it and take action to create positive change in their communities.

Who should attend?

Adults committed to fostering positive change and addressing hate in their communities.



DROP-IN WORKSHOPS

Early Literacy

Workshop is 1 session (1 hour)

What is it?

A workshop designed to encourage joyful reading for young children by providing books and a supportive environment to foster early literacy and a love for reading.

Who should attend?

Caregivers and children looking to explore books and start a lifelong reading journey.

Dads' Discussions

Workshop is 1 session (1 hour)

What is it?

A peer discussion group for fathers to share challenges, triumphs and experiences of raising kids in a supportive environment.

Who should attend?

Dads looking to connect with others and share insights about fatherhood.



Grandparents Are Great

Workshop is 1 session (1 hour)

What is it?

A peer discussion group for grandparents to share the joys and challenges of babysitting or raising grandchildren in a welcoming, supportive space.

Who should attend?

Grandparents wanting to connect and exchange experiences about caring for their grandchildren.

Moms Matter

Workshop is 1 session (1 hour)

What is it?

A group for moms and moms-to-be to build support networks, discuss parenting tips, self-care, time management and more, while connecting with others in a fun and inspiring environment.

Who should attend?

Moms seeking support, advice and connection with others navigating motherhood.



Shine On

For more info, reach us at:

infohub@ymcanab.ca



ymcanab.ca/familyworkshops

