



North Central Edmonton Family Resource Network


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

● CLOSED
May 19



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May 19

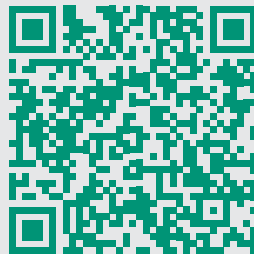
FRN Hours of Operation*

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



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.

Celebrate Mother's Day with us! Enjoy a delightful morning filled with delicious finger foods, a cozy tea station, and fun activities for the little ones. Capture special moments at our beautiful photo booth and create heartfelt keepsakes to take home. It's the perfect way to relax, connect, and make lasting memories with your loved ones.

MOTHER'S DAY

FRIDAY
MAY 9



FAMILY
RESOURCE
CENTRE

10 AM - 12 PM

KARA MAIN, 6717 132 AVE. NW

Register today! Phone: 780-478-5396





FAMILY
RESOURCE
CENTRE

EVERYDAY HERO'S

HANDS THAT LIFT US

WEDNESDAY, JUNE 11



DINNER SERVED 5PM - 5:30PM
PROGRAM 5:30PM - 7PM



KARA MAIN, 6717 132 AVE. NW

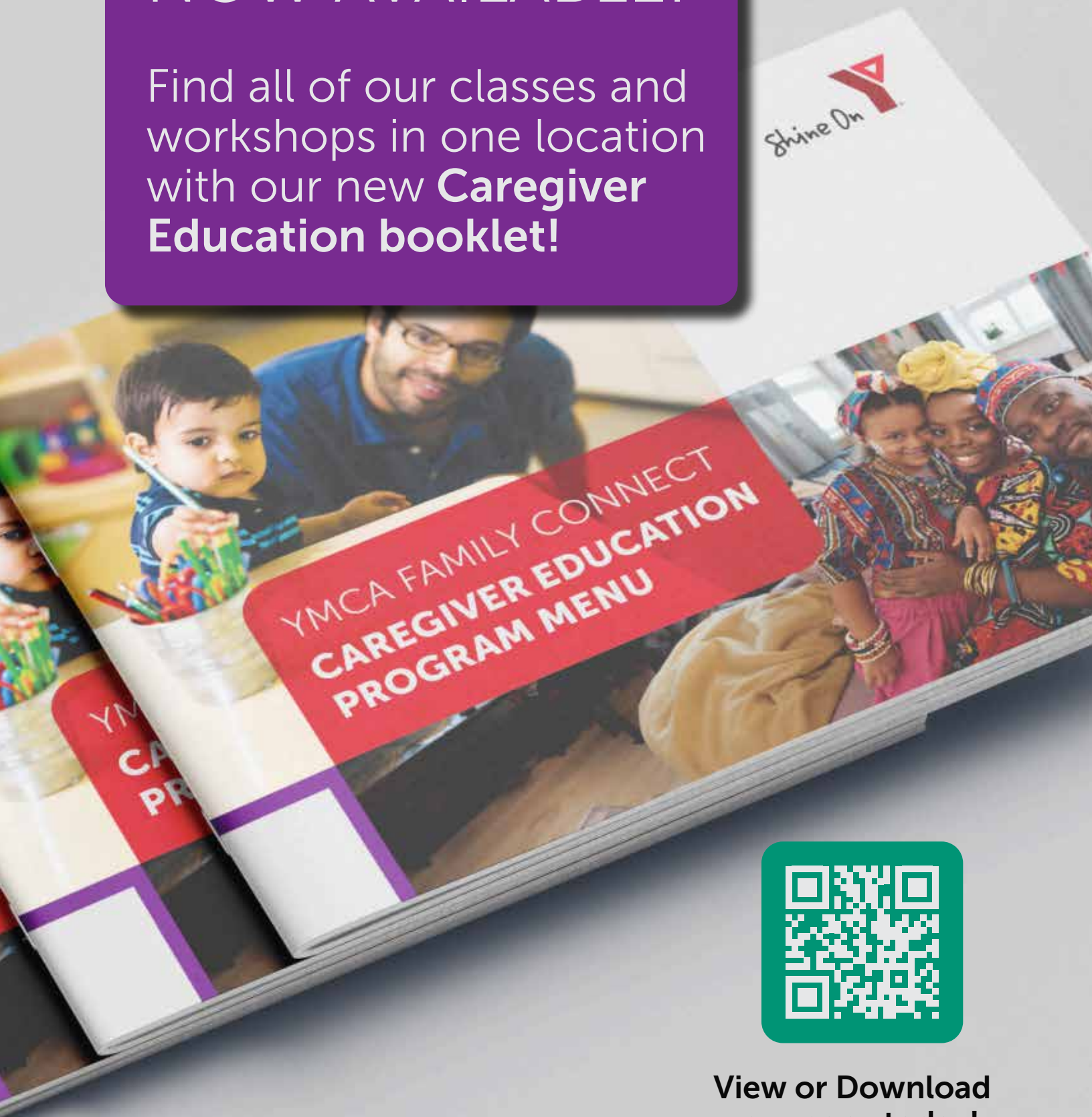
Register today! Phone 780-478-5396

Join us for a special day of celebration, connection, and fun! This event is all about honouring the important role that mentors, guardians, and loved ones play in our lives. Enjoy interactive activities, games, and creative moments designed to bring families closer together. Whether you're sharing stories, making crafts, or simply spending quality time with someone special, this event is a perfect way to show appreciation for those who guide, support, and inspire us every day!



NOW AVAILABLE!

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



**View or Download
your copy today!**



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
Northern Alberta
Family Connect

Funded by:

 Alberta



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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.

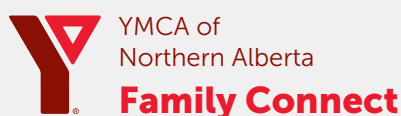
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Kids Have Stress Too

**YMCA Family Connect Caregiver Education*

ABOUT THIS CLASS

We all know being a parent can be stressful, but kids have stress too! Learn the signs for their stress and learn how to deal with that stress together.

From teaching basic emotion words to problem solving and more, these presentations help you to help your kids with their stress.

Registration is required,
refreshments will be provided.

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Nobody's Perfect

**YMCA Family Connect Caregiver Education*

ABOUT THIS CLASS

Nobody's Perfect is for parents of children ages birth to five. This program is designed to meet the needs of parents who are young, single, socially or geographically isolated. This is a place to discuss what parents want to learn, in a safe place with other parents with whom they share the common interests with.

We give parents a safe place to meet others with children of the same age and with whom they share interests & concerns.

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Triple P Parenting **Fear-Less Workshop**

Positive Parenting Program

**YMCA Family Connect Caregiver Education*

Fear-Less isn't about eliminating fear altogether - sometimes, fear protects us. Instead, it's about giving your family a toolbox of strategies, skills and knowledge to manage anxious feelings and unnecessary worrying. This workshop is targeted for caregivers of children from 6 to 14 years.

WHAT WE WILL DISCUSS

- ▼ Anxiety - What is it and how does it develop?
- ▼ Promoting emotional resilience
- ▼ Strategies for responding to your child's anxiety

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TRIPLE P

Positive Parenting Program

**YMCA Family Connect Caregiver Education*



The Positive Parenting Program gives you tips and ideas to bring out the best in your children. Learn the best ways to positively manage the behaviours you do like. Meet other parents in similar situations. Parents who can support you and share their stories.

TRIPLE P IS:

- ▽ open to families with **children ages 0–17**
- ▽ for **every parent** whether you have a specific problem, or are just looking for advice on common, everyday issues
- ▽ group sessions provide easy to use tips and new ideas that will help you build confidence and **new skills**

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YMCA Family Connect Programs



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.



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



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

May	June
20, 21	9



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



yuedmonton.com

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: 3:30-6:00pm
Wednesdays: 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.



Box 42051, Millbourne RPO - Edmonton, AB - T6K 4C4

info@yuedmonton.com

780-437-3000

www.yuedmonton.com

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.

CANstruction Edmonton

May 3–11, 2025
West Edmonton Mall



Visit West Edmonton Mall on May 3–11, 2025, for the return of the CANstruction building competition in support of the Edmonton Food Bank. This unique not-for-profit event is a friendly competition between architects, engineers, designers, and community members to create amazing sculptures out of cans of food. Come check out these spectacular sculptures for yourself and vote for the People's Choice winner!



Kidding Around with Rapid Fire Theatre



Saturdays, until June 28, 2025
1:30–2:30 PM
Rapid Fire Theatre 10437 83 Ave NW

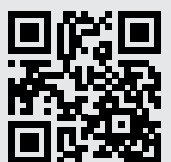
Kids can experience all the fun of Improv comedy with Rapid Fire Theatre's show Kidding Around on Saturday afternoons. It is never the same show twice with the performers creating the entire show from the top of their heads, along with a few suggestions from the audience!



Paint with Piglets

May 3, 2025
1–2:45pm
Color Cafe, West
Edmonton Mall,
entrance 8

Color Cafe in West Edmonton Mall is bringing in some very special furry guests to enhance your pottery painting experience! Register now to get creative with four-legged friends at these upcoming special events.





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 April 4th 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 April 10th 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 April 25th 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 May 2nd 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 May 9th 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 May 16th 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 May 30th 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 June 6th 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 June 13th 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**



Newcomers

Form Completion Help

Saturdays Starting February 22nd
10:00am to 12:00pm

Completing online forms can be challenging, especially when you are new to English and new to technology.

Newcomers to Edmonton can visit an Edmonton Public Library to get 30 minutes of technology help from a community volunteer as you navigate online forms. Please be aware that the volunteer will help with the technology aspects of completing the form. The volunteer does not provide advice or interpretation of the content needed to complete the form.

To register for 30 minutes with a volunteer at the Castle Downs Library please call: 780-496-1804

English Conversation Circle (e4c)

Wednesdays
6:30 p.m. – 8:30 p.m.

Do you want a safe place to meet other people and become more confident in your English? Join our English Conversation Circle. You will be able to practice your English speaking, listening, reading, and writing skills while meeting new people and learning more about Canadian culture.

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

EARLY LITERACY



Under the Sky Family Storytime

**Starting Thursday May 22nd
10:30am-11:00am**

Join us for Family Storytime with a twist...a storytime outside! Meet in the park behind the library to participate in stories and rhymes. Not sure where to go? Ask staff in the library to show you the way. The show will go in most weather, but in case of extreme conditions it will run indoors in the Program Room.

Note: Participating in this outdoor event is at your own risk.

This event is limited to 30 participants.

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

Parent Corner

Recipes, advice and more...

RECIPE OF THE MONTH

Teriyaki Pork Chops

INGREDIENTS

- 1 large garlic clove
- 1/3 cup soy sauce
- 2 Tbsp mirin (sweet, Japanese rice wine) or cream sherry
- 2 1/2 Tbsp cider vinegar
- 1 1/2 Tbsp packed light brown sugar
- 1 1/2 Tbsp minced peeled fresh gingerroot
- two 1-inch-thick rib pork chops
- 1 Tbsp vegetable oil

DIRECTIONS:

1. Finely chop garlic. In a saucepan bring soy sauce, mirin or sherry, and vinegar to a boil with garlic, brown sugar, and gingerroot, stirring until brown sugar is dissolved. Transfer marinade to a metal bowl set in a large bowl of ice and cold water and cool, stirring occasionally, to room temperature.

2. In a small dish arrange pork chops in one layer and pour marinade over them, turning chops to coat well.

Marinate chops at room temperature, turning them once, 15 minutes.

3. Pour marinade into a small saucepan and simmer 5 minutes. In a 10- to 12-inch heavy skillet heat oil over moderate heat until hot but not smoking and cook chops 6 to 8 minutes on each side, or until just cooked through.

4. Serve chops drizzled with marinade.

Source: <http://www.epicurious.com/recipes/food/views/teriyaki-pork-chops-14958>

Parent Corner

Tip of the Month

Building Resilience

- 1. Encourage Problem-Solving:** Allow children to tackle challenges independently to build resilience and confidence.
- 2. Teach Coping Strategies:** Discuss various coping mechanisms for stress, such as deep breathing or talking it out.
- 3. Celebrate Efforts, Not Just Successes:** Acknowledge your child's hard work regardless of the outcome to foster a growth mindset.
- 4. Provide Opportunities for Failure:** Let kids experience small failures as learning opportunities without immediate intervention.
- 5. Model Resilience:** Share your own experiences of overcoming challenges to demonstrate resilience in action.



Parent Corner

Activity of the Month



NATURE

— photo scavenger hunt —

Find something that matches each prompt, take a photo and check it off the list—
Then, compare the photos everyone took and talk about why you picked each one!

☐

A leaf with points

☐

A feather

☐

Ants

☐

Two rocks that are about the same size

☐

A footprint or animal tracks

☐

A nut or seed

☐

A stick shaped like a "Y"

☐

Something prickly

☐

Bird feeder

☐

A mushroom

☐

A bug that flies

☐

Rough bark

☐

Pinecone

☐

Something growing in an unexpected place

☐

Something that moves in the breeze

☐

Tall grass

☐

Flowers

☐

A dog

☐

Something colorful

☐

Sand or dirt



ParentsTogether

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.