



CLOSED

Monday, September 1
Labour Day

North Central Edmonton Family Resource Network

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



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FRN Hours of Operation*

Monday–Thursday 9am–8pm
Friday–Saturday 9am–4pm

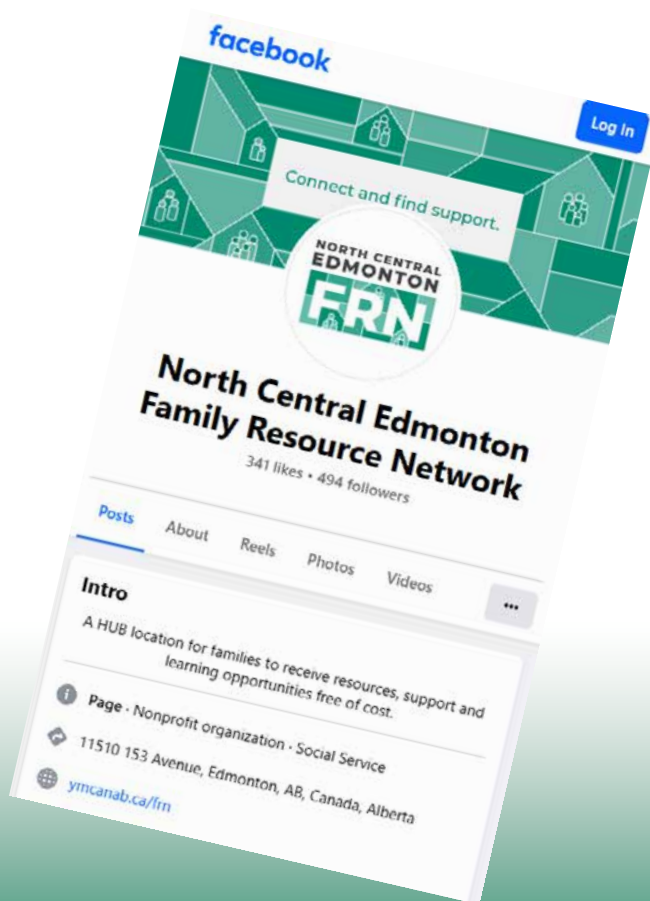


*HUB phone lines are open

Have you joined the **North Central Edmonton FRN** Facebook Page?



facebook.com/NorthCentralEdmontonFRN



FOLLOW the North Central Edmonton Family Resource Network for **FREE** family events and workshops!

What's New

with our North Central Edmonton Family Resource Network?

BOYS & GIRLS CLUB



BGCBigs.ca
Edmonton & Area

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 per 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!



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



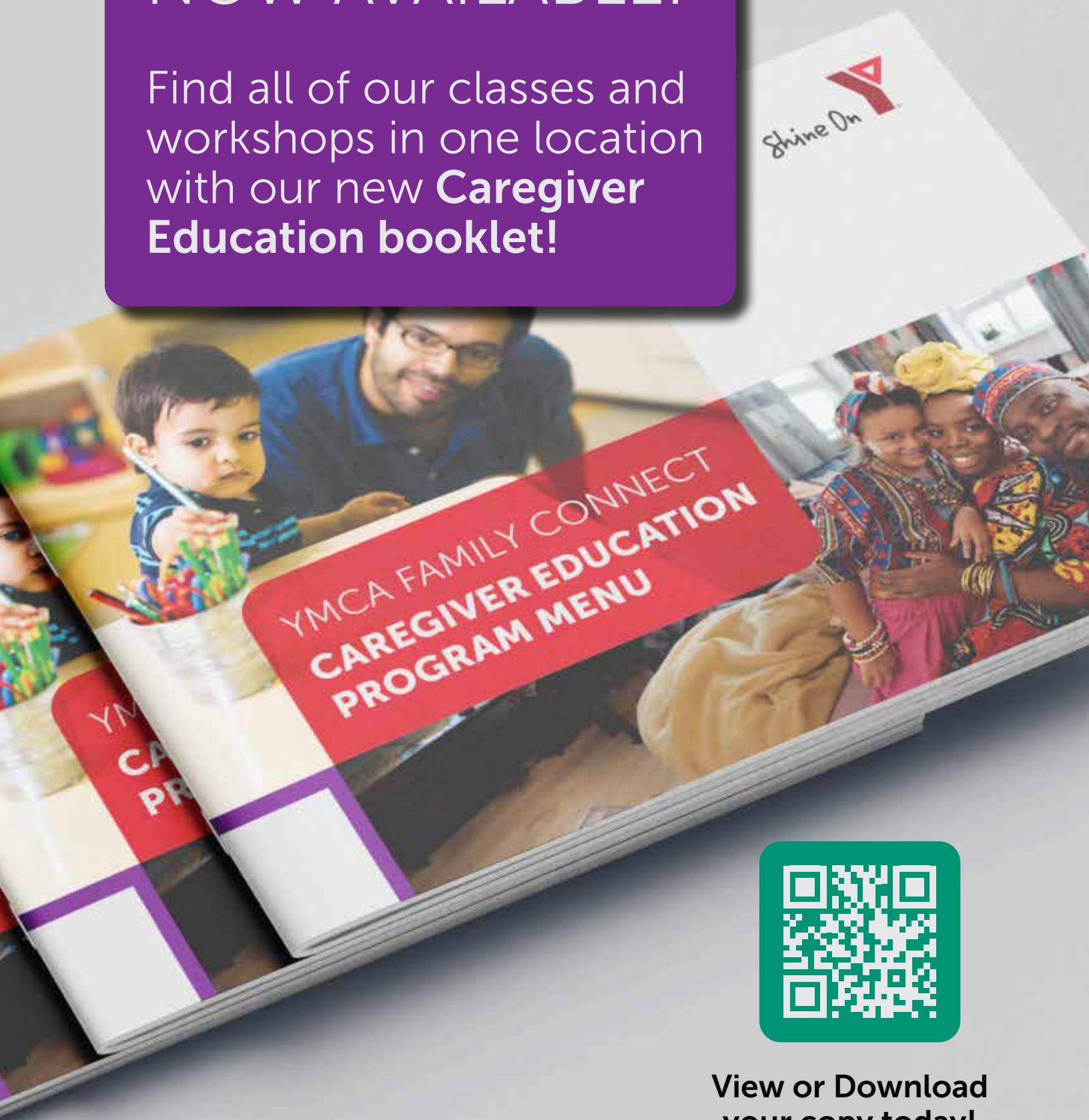
Visit KARA's
website

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.

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.

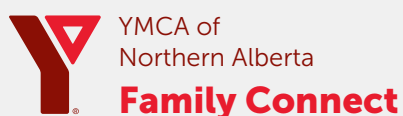
Registration is required,
refreshments will be provided.

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

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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.

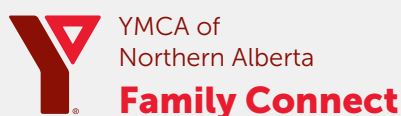
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Kids Have Stress Too

**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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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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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 offers two early intervention programs that are voluntary and offered in the comfort of your home. These programs are for caregivers/parents who are looking for extra support, knowledge, and resources for their family. They can access these programs free of charge. The programs are Home Visitation and Family Supports.

What is Home Visitation?

Family Connect Home Visitation is an in-home, early-intervention support system for families who are expecting or have children 6 years and under. Parents are supported to create a nurturing and safe family environment, build resiliency within themselves, build new social connections, learn about positive parenting and child development, and more, while working towards individualized goals.

What is Family Supports?

Family Connect Family Supports is a voluntary, program that provides support to families with children 7–18 years old 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.

How do we support families?

After completing the intake process, you are assigned a worker. This worker will arrange visits with your family, we recommend 1–2 per week, but work with families where their needs are at. Visits are booked with families in their own home

and/or in the community. Workers help families identify what their needs and goals are. During visits education resources and activities are provided to support reaching your goal.

Other supports:

- Supportive counselling
- Parent education
- Family interactive programming and activities
- Personal and family advocacy
- Information and referrals to additional resources
- Teaching the importance of connection to create a secure and trusting relationship within their family unit
- Supporting caregivers to strengthen their bond with their child and to support healthy child development
- Providing parenting and emotional regulation through explanation, tip sheets and curriculum
- Additional assessments to support family functioning and/or child development

We have spots available and are currently taking new referrals! Give us a call at 780-377-3730 or send us an email to infohub@ymcanab.ca.

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's from 3:00pm–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

Lending Library

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.



Child & Youth Programs



Registration is Open!

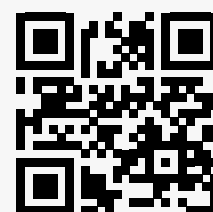
Get in on all the great programs happening at the Y this fall!

September 8–December 21, 2025

- Basketball | 5–16yrs
- Creative Expressions | 5–12yrs
- Hip Hop | 4–9yrs
- Junior Lifeguard Club
- Junior Swim Instructor
- Mini-Volley | 7–9yrs
- Multi-sport | 3–9yrs
- Musical Theatre | 6–10yrs
- School Break Day Camps
- Soccer | 5–12yrs
- Swim Lessons
- Volleyball | 9–16yrs



Learn more at
ymcanab.ca/register





CALLING ALL CRAFTERS!

Sunday, November 23 | 9am–3pm

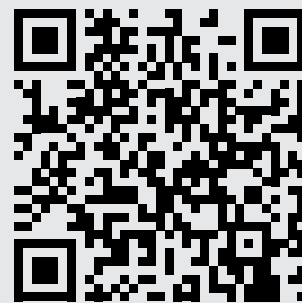
**Book your table now for
our Christmas Craft Fair**

Setup time: 7:15am, Show 9am–3pm

Table: 8'x2.5' table and one chair is provided.

Registration fee: \$75 (proceeds support Strong Kids, Strong Community)

Registration: **Online registration preferred**, or visit us in person, or call with Visa or MasterCard to pay over the phone and reserve your table. (No holds without payment.)



**For more information or to
enquire on table space:**

Castle Downs Family YMCA
11510 153 Ave NW
(780) 476-9622

cindy.cassidy@ymcanab.ca

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: 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.



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 Comic and Entertainment Expo

September 19–21, 2025 | Friday
4–9pm, Saturday 10am–7pm,
Sunday 10am–5pm Edmonton
EXPO Centre – 7515 118 Avenue
NW, Edmonton, Alberta



Calling all timelords! Comic Expo is taking over the Expo Centre! You'll find cosplay and excitement around every corner. This Comics & Entertainment Expo is a 3-day celebration of all things pop culture for fans of all ages. Geek out over comics, sci-fi, anime, gaming, celebrities, cosplay, and more. Shop hundreds of artists and specialty vendors, snap selfies with favourite celebrities and cosplayers, and experience the creativity of fan culture.



Learn more at www.edmontonexpo.com

AsiaFest 2025

September 12–14, 2025
Currents of Windermere – 6183
Currents Dr NW, Edmonton, AB



AsiaFest is back and better than ever! Guests are encouraged to indulge in a sensory journey filled with mouthwatering dishes, captivating performances, and cultural experiences like no other. With over 90 vendors lined up, there are even more flavors, crafts, and unique finds to discover. For the thrill-seekers, don't miss the Extreme Eating Contest — it's going to be wild!



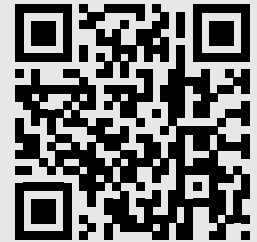
Learn more at www.asiafestyeg.ca

What's happening in your city this month?

39th Edmonton International Film Festival

Sept. 25–Oct. 4, 2025,

Landmark Cinemas 9 Edmonton City Centre at 10200 102 Ave NW,
Edmonton



The Edmonton International Film Festival Society's (EIFFS) mission is to present a film festival in theatres to celebrate diverse cinema for audiences. To achieve this, we showcase high-quality cinema from around the world, allowing filmmakers to interact in a forum that creates and fosters community while placing EIFF on the global film festival map.

We present films produced within 20 months of each festival. These films are curated from submissions and solicited from distributors. The festival also presents a generous dose of filmmaker chats, Q&A's, gala screenings, a local filmmaker spotlight, 'buzzy' films that are travelling the festival circuit, shorts with lunch, and more. Films are selected on the basis of story, quality and originality.



Learn more at www.edmontonfilmfest.com

Parent Corner

Tip of the Month

Tips for Balancing Extracurricular Activities and Family Life

1. Prioritize Wisely

Help your child choose activities they truly enjoy rather than overloading their schedule—quality over quantity keeps life manageable.

2. Set Goals

Another thing to get accomplished before the first day is goal setting. What should your child strive for this year?

Of course, this is going to depend on your child's age, grade level and interests.

3. Establish a Steady Routine

A healthy routine is key, especially for young children in school.

Here is an example routine for inspiration, including nighttime, morning and after-school studying:

4. Craft a Study Area

As working parents know, having a comfortable place to work is crucial for success.

It's the same with children. In a warm and comfortable environment, children will be more motivated to get their work done—and maybe even enjoy it too!

5. Set Up Alerts from Your School

Nowadays, most schools will send updates via email, text message or social media.

It's important to set up alerts from your school so you can stay up to date with the latest news—like school closures or event reminders.

6. Stay Positive

The school year can be stressful for children and parents alike.

During times of inevitable stress, it's important to remain positive with your child.

Studies have shown that being positive can lead to better performance for children.



Sources: www.katherinewaltersconsulting.com

Parent Corner

Activity of the Month

Fall is the perfect time to get the whole family together and experience the fall season together. We are excited to try out many of these fall activities with our kids this autumn.

Cozy Indoor Activities

- Sit by a Bonfire
- Listen to an Audio Book with a Warm Beverage
- Watch Football
- Fall-Shaped Sugar Cookies
- Burn a Fall-Scented Candle or Diffuse Seasonal Essential Oils
- Make Fall Scented Playdough
- Roll your Own Beeswax Candles
- Leaf Rubbings
- Look what I did with a Leaf Book

Active At-Home Activities

- Rake Leaves and Jump Into Them
- Go Apple Picking
- Go on a Fall Hike
- Go on a Fall Leaf Color Drive
- Go to a Drive-in Movie
- Go to a Farmer's Market
- Attend a Fall Festival



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.