

HUB Youth Summit

Thursday,
February 5

4–7pm

Details inside!



North Central Edmonton Family Resource Network

- February 2026
- 11510 153 Ave, Edmonton, AB T5X 6A3
780-377-3730 | infohub@ymcanab.ca
- CLOSED
Monday, February 16
Family Day Holiday



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CLOSED
Monday, February 16
New Year's Day

FRN Hours of Operation*

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



*HUB phone lines are open

HUB Youth Summit

Feb 5, 2026 | Castle Downs Family YMCA

FREE event for
youth & teens
ages 12–17 &
their parents/
guardians!



Food | Beverages | Cotton Candy | Popcorn
(food/beverage available while supplies last)

Thursday, February 5
4–7pm

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

Brought to you by ...



Funded by:



Registration required



ymcanab.ca/frn

What's New

with our North Central Edmonton
Family Resource Network?

BOYS & GIRLS CLUB



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.



Apply Now!

BGC Big Brothers Big Sisters is now accepting applications for girls ages 6-15 in Edmonton, Strathcona County, Parkland County, Morinville, Leduc and St. Albert!

Apply Online at:
www.bgcbigs.ca/communitymentoring/



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.



FAMILY
RESOURCE
CENTRE

Family Fun Nights

Dinner Provided!

Bring the whole family for a lively evening packed with games, learning, delicious food, and activities for all ages. From kids activities to caregiver support, there's something for everyone to enjoy.

Wednesdays 5pm-7pm at E4C Headstart.
January 21 to March 25

To register visit: www.kara-frc.com



Glow Together *NEW*

Glow together is a fun, supportive program designed to help young teens build confidence, friendships and essential life skills. Through creative activities like games, art, group discussions, and movement-based sessions, participants explore topics like communication, self-esteem, and problem-solving.

To learn more or to register visit:
www.kara-frc.com

Adventures in Play - 2 Days!

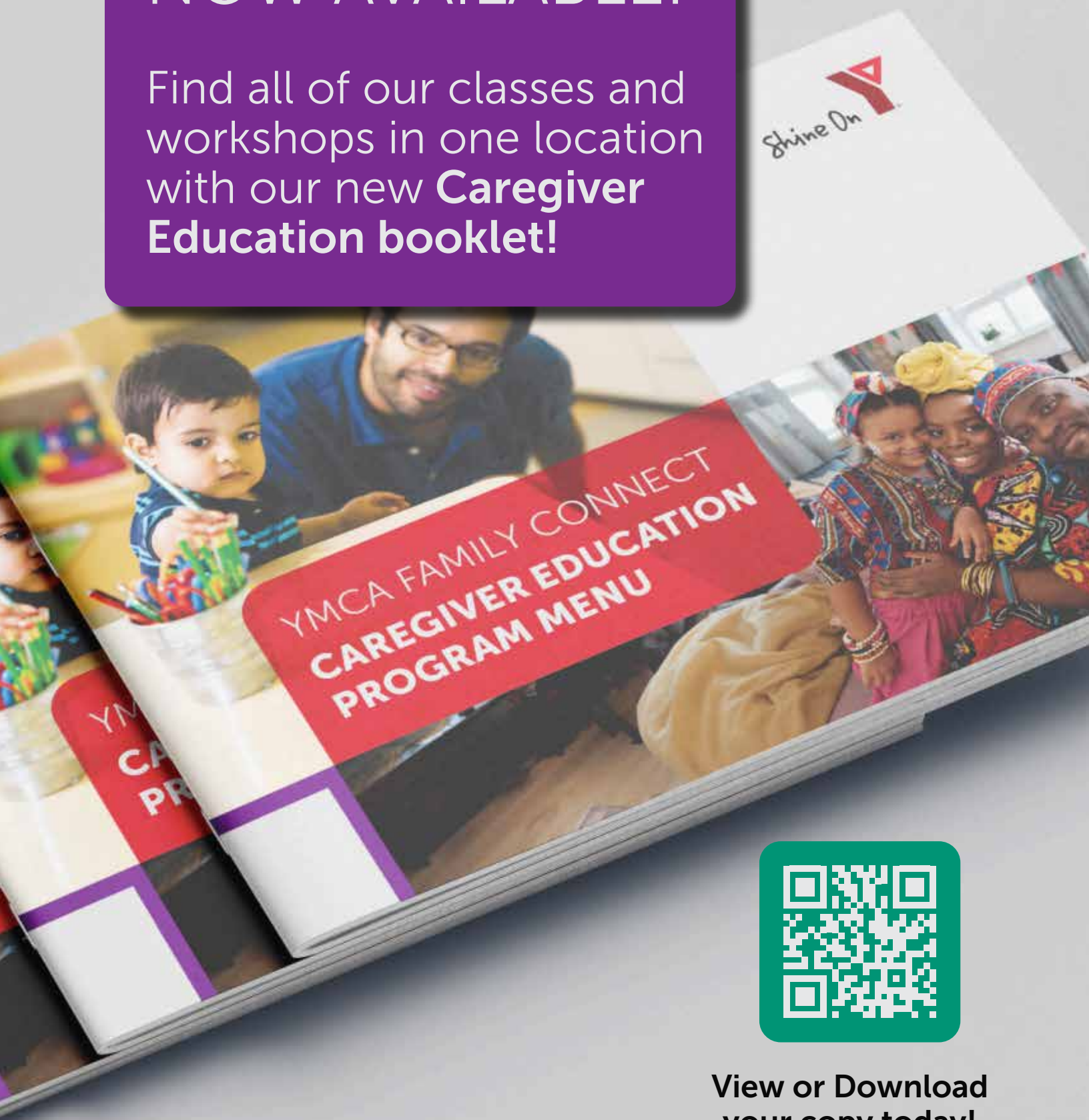
While children learn through hands-on play, parents can relax with coffee and enjoy connection and conversation. It's a joyful space where learning, play, and community come together. 10:00am-11:30am, 2 days a week (choose which day or register for both!)
Tuesdays at Balwin Community League
Thursdays at Kensington Community League



Register Today! Call: 780-478-5396 or email: reception@kara-frc.ca

NOW AVAILABLE!

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



**View or Download
your copy today!**

YMCA Family Connect Programs



February Workshop Highlights

Caregiver Resilience: Building Better Boundaries

Please call 780-377-3730 to register.
February 11, 2026, from 6:30pm-8:30pm.

Caregiver Resilience: Building Better Boundaries workshop at the Gateway Association Families Forward Event. The event will be held virtually. 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.

Who is this program for? Caregivers interested in building better boundaries.

Caregiver Resilience: Anxiety

February 14, 2026, from 12:00-1:00pm at
Castle Downs Library

What is this program? Gain a better understanding of what anxiety is and learn some tools to help cope with it as a caregiver.

Who is this program for? Caregivers interested in learning more about anxiety and how to cope with it as a caregiver

Wellness for Teens: 4 Quadrants of Wellness

This series starts February 7, 2026, from 3–4pm.
Please call 780-377-3730 to register.

What is this program? Strategies to improve physical, mental, social and community wellness.

Who is this program for? Teens aged 13–17 interested in personal growth and wellness.





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)



YMCA of
Northern Alberta
Family Connect

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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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.

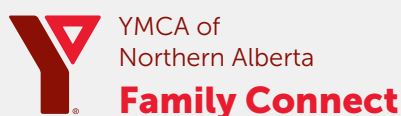
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Kids Have Stress Too

**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 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 3:00 pm – 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 Counseling

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.



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ymcanab.ca/frn

What's New at the YMCA?

Y Mind

Y Mind is a free seven-week group mental wellness program delivered to teens aged 13–18 and youth aged 18–30 who experience mild to moderate anxiety. Participants learn effective skills to cope with symptoms of anxiety and engage in early-intervention mental wellness support in a safe environment that connects others who have similar experiences. Y Mind is a barrier free program, no diagnosis or referral is needed to participate.



Kickstand: A safe, welcoming space for youth, inside West Edmonton Mall (by the Brick)

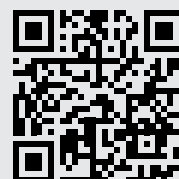
You'll find a wide range of support, from groups and workshops to spaces where you can just hang out. With different areas designed for every need, young people can come together to have fun and play games like Dungeons & Dragons, and private, soundproof rooms where you can speak with a counselor in confidence.

Mondays | 3–6pm | Drop-in Art
Tuesdays | 3–6pm | Indigenous Teachings
Wednesdays | 12–6pm | Primary Care Medical Clinic
Thursdays | 5–8pm | Dungeons & Dragons
Fridays | 1–6pm | Employment Services



School Break Camps—February

The next PD day/School Break in Edmonton is February 17! For some out-of-the-house fun while school is out, book your children some days at the Y!



Register now for full day fun and engaging activities, with pre- and post-care for early drop off and later pick up times.



Winter Registration OPEN NOW



Sessions are filling up for our winter classes! Register now for running until March 29. Sign up once for 12 weeks of classes!

Child & Youth Programs

**Boost
confidence
& fun in the
new year!**

Register now!



Winter Session: January 5–March 29, 2026

- Basketball | 5–16yrs
- Creative Expressions | 5–9yrs
- Hip Hop | 4–9yrs
- Mini-Volley | 7–9yrs
- Multi-sport | 3–9yrs
- Musical Theatre | 6–10yrs
- Preschool Craft & Splash | 3–5 yrs
- School Break Day Camps
- Soccer | 5–12yrs
- Swim Lessons
- Triple Fun | 3–5yrs
- Volleyball | 9–16yrs



Learn more at
ymcanab.ca/register





Book their School Break Day Camps Now

YMCA Day Camps are designed to spark imagination and build confidence, independence, and communication skills. All participants will have the opportunity to create positive peer friendships. Camps provide hands-on learning and skills development through games, craft activities, active play, swimming and more.

Upcoming School Break Day Camps

Camp times: 8:30am–4:30pm
Pre-care (included) is available from: 7:30–8:30am

FEBRUARY	MARCH
12 th -13 th (<i>EIA School only</i>) 17 th , 27 th -28 th	20 th , 30 th -31 st



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

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.

Free Skate Rentals

Now until Feb 28 | Monday to Friday, 5–9pm
Saturdays/Sundays: Noon–5pm
City Hall Outdoor Rink
1 Sir Winston Churchill Square

Enjoy skating under the beautiful lights at the City Hall Outdoor Rink. Skate rentals are weather and ice-dependent, and will be closed when temperatures are below -20.



Lunar New Year Extravaganza 2026

February 7–8 |
6pm
West Edmonton
Mall Ice Palace
Edmonton
Chinatown
Multicultural
Centre is proud



to present our celebration program of the Lunar New Extravaganza 2026. The program will feature different cultural performances, greetings, fun facts and Lunar New Year customs and traditions. \$3 Admission. *Free Admission for children under 10 and seniors over 65 (Children under 10 must be accompanied by an adult) Free entry with a food donation to the EDMONTON FOOD BANK

Silver Skate Festival

February 6–16 | Sir Wilfred Laurier
Park (Near Edmonton Valley Zoo)
13221 Buena Vista Rd

The Silver Skate Festival is a free 10-day family-oriented festival that combines culture, art, education, sport, and recreation. We invite everyone to rediscover the joy of that first childhood snowfall or discover that joy for the first time.





Registered Education Savings Plan (RESP) Workshop



Interested in learning about
free money for your child's
further education?



 Tuesday February 3, 2026

 5:30-7:30pm

 St. Angela School (13430 132a St)

Scan to
Register



Topics Include:

- How to open a free account
- How the accounts work
- Vocabulary for talking with your bank/credit union

Contact Ashley 780-913-5610

● awilliamson@e4calberta.org





Community Experts: Crochet Workshop

Tuesday, February 3
6:00 pm – 8:00 pm

Join our Community Expert to learn more about crochet, a textile art that involves turning loops into fabric using a hook. In this class, participants will learn the basic skills of the craft and get hands-on experience.

Registration is required starting **January 20**.

Due to tools used, this class is limited to those 16 years of age and older. All necessary supplies will be provided. There is a limit of 8 participants.

Register online at www.epl.ca.



Craft and Chat

Tuesdays

7:00pm-8:30pm

Create and have fun with other crafters. A different project/medium is provided by staff each week, or feel free to bring a project that you are working on. This class is intended to provide a space for multiple generations to connect. Bring your parents and your kids and join us for an exploration of expression.

Registration Required. Please register online at epl.ca.

Book Clubs of EPL

Fourth Monday Every Month

7:00pm-8:30pm

Love reading? Love to talk about books you've read? Come join us for lively discussions on all types of fiction and non-fiction. We'll feature different titles and authors each month. Come and share your impressions, thoughts and interpretations of a book we have all read.

Registration Required. Please register online at epl.ca.



Enjoy delightful stories, songs, books, rhymes, finger plays and more, especially for babies. Cuddle with your baby and connect with other caregivers. Ages 0-12 months.

Register one person to reserve a spot for your family. Registered spots are guaranteed until the class begins. Customers who have not registered may drop in if spots are available when the class begins.

Register online: www.epl.ca

Fridays 10:30 a.m. to 11:00 a.m.

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



SING



SIGN



LAUGH



LEARN

You and your child from birth to age three are invited to join us for songs, rhymes and signs! In this inclusive class, offered in collaboration with the Edmonton Early Intervention Program, parents/caregivers will interact one-on-one with their child while learning strategies to engage their child and enhance their child's communication and development through repetition, visuals and movement.

Register one person to reserve a spot for your family. Registered spots are guaranteed until the class begins. Customers who have not registered may drop in if spots are available when the class begins.

Register online: www.epl.ca

Sundays: 10:30 a.m. to 11:15 a.m.

Mondays: 10:30 a.m. to 11:15 a.m.

Wednesdays: 10:30 a.m. to 11:15 a.m. and 1:30 p.m. to 2:15 p.m.

Saturdays: 10:30 a.m. to 11:15 a.m.

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

Parent Corner

Recipes, advice and more...

RECIPE OF THE MONTH

Avocado Chicken Salad Wrap

INGREDIENTS

- 1 cup cooked and shredded chicken
- 1 ripe avocado, mashed
- 1 tablespoon Greek yogurt or mayo
- ½ teaspoon lime juice
- salt and pepper to taste
- whole wheat tortilla or lettuce wrap

DIRECTIONS:

Step 1 Mix chicken, mashed avocado, yogurt (or mayo), lime juice, salt, and pepper in a bowl.

Step 2 Spread mixture onto tortilla or lettuce wrap.

Step 3 Roll it up and slice in half. Serve with fresh veggies or fruit



Parent Corner

Tip of the Month

Emotional Health & Connection

- Celebrate small holidays with kindness activities
- Encourage open conversations about feelings
- Schedule regular family movie or game nights
- Teach online kindness and digital safety
- Help kids set personal growth goals
- Model and support self-care habits
- Involve kids in colorful, healthy meal prep
- Encourage acts of kindness in your community
- Continue winter illness prevention habits
- Praise effort and resilience, not just outcomes



Parent Corner

Activity of the Month

Lantern Weaving Craft Activity

This wonderful Lunar New Year and Chinese New Year weaving activity can be used as part of a wider topic about different cultural celebrations and festivals from around the world. You can also use this activity as an opportunity for children to develop their fine motor skills and their reading skills.

To create these Lunar or Chinese New Year lanterns, children will need to read and follow a series of child-friendly instructions. The process of weaving will help them strengthen the small muscles in their fingers and wrists, which will be beneficial for their pencil grip

and handwriting skills. Once complete, these colourful Lunar or Chinese New Year lanterns would make a lovely addition to a classroom display of your pupils' own work.

Simply download the handy template and simple instructions to get started. The only additional material needed for your pupils to create these eye-catching lanterns is some colourful paper. This activity would be ideal for use as an introduction to the process of weaving, before introducing children to more complex weaving activities using fabrics, ribbon and wool or yarn.



Download
the template

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.