



# North Central Edmonton Family Resource Network

● March 2026

● 11510 153 Ave, Edmonton, AB T5X 6A3  
780-377-3730 | [infohub@ymcanab.ca](mailto:infohub@ymcanab.ca)



# Table of Contents

Family Resource Network  
(FRN) Information and  
Spoke Updates

04

What's happening in  
your City?

21

YMCA Family Connect  
Programs

06

Parent Corner

22

What's new  
at the HUB?

15

24/7 crisis and support  
contacts (back page)

25

What's new  
at your YMCA?

18

## FRN Hours of Operation\*

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



\*HUB phone lines are open

# 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.



# 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/](http://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



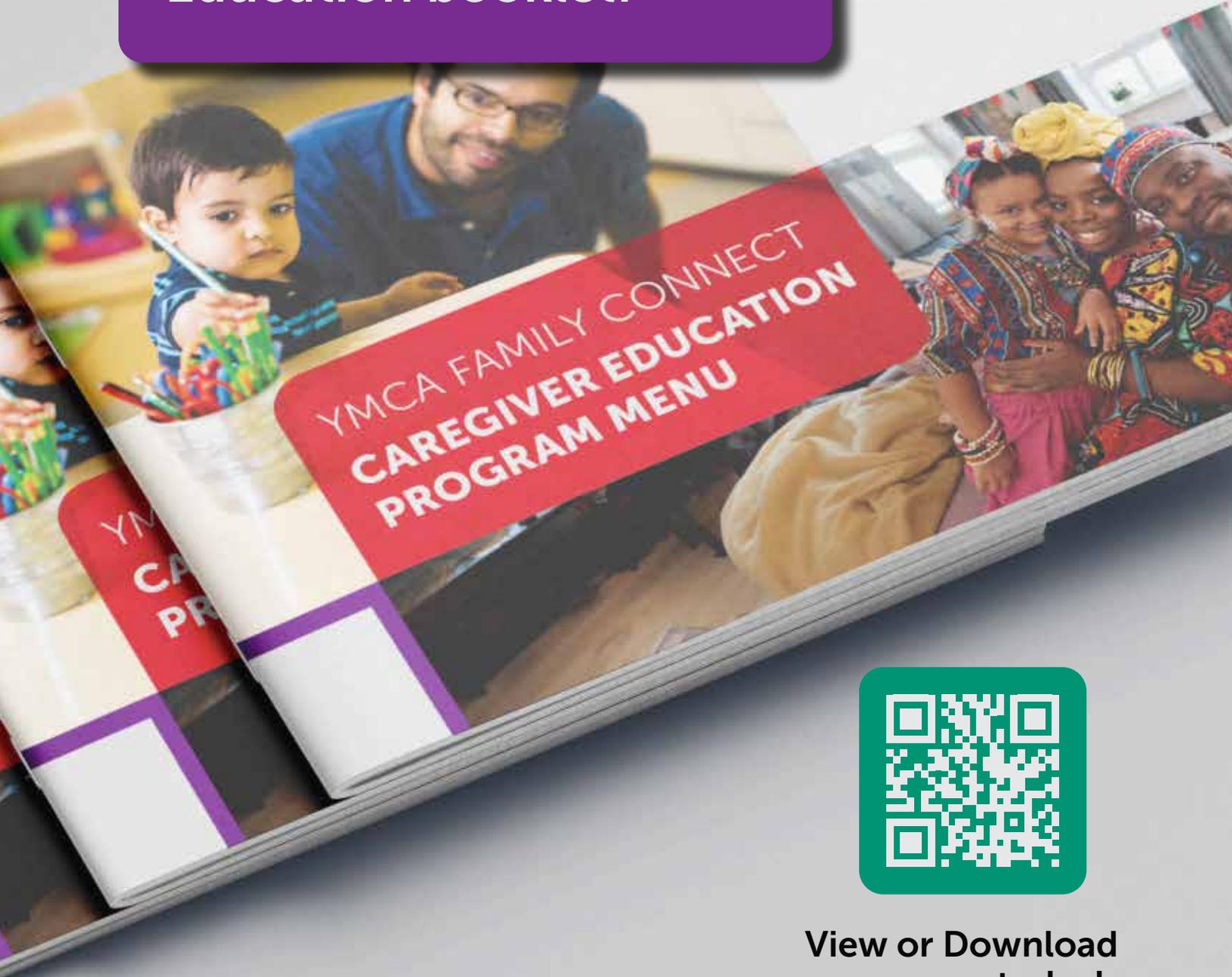
Visit KARA's website

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.

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



## March Workshop Highlights

### Caregiver Resilience: All Caregivers

Please call 780-377-3730 to register.

In order to go the distance as a caregiver, you must take care of yourself as well as your children. In these drop-in sessions we'll be exploring different ways to better take care of yourself and not lose yourself amongst the chaos of life and Caregiving.

Topics include:

- **Anxiety:** Anxiety, it's hard to define and harder to live with. Ignoring it doesn't work. So, what do you do? This presentation helps you get a better understanding of what anxiety is and some tools to help you effectively cope with it.
- **Anger Management:** Anger, it's a powerful emotion and can get the best of us some days. In this presentation we offer you some tools and tactics to help control yourself and not let anger control you.
- **Authentic Living:** Who are you as a person? As an individual? Not defined by a relationship or your job. But what makes you, you? We sometimes lose pieces of ourselves and here's a road map to making yourself a priority again in your life.
- **Building Better Boundaries:** The power of the word no. And how come it's healthy to use it. By finding and reinforcing our boundaries we're learning how to take care of ourselves and improve the things we say yes to.
- **Loneliness and Isolation:** Feeling disconnected from the world? Surrounded by people and feel alone? Or find yourself spending more and more time at home alone instead of interacting with the world? Come join us for to find out not only how these feelings can hurt you physically but more importantly find out how strategies to get you out of the house and enjoying the world.
- **Resilience:** What is resilience, grit, a stiff upper lip? In this course we learn about how to not only bounce back from setbacks, but how to weather them and come out the

# YMCA Family Connect Programs



## March Workshop Highlights

### Wellness for Teens

Please call 780-377-3730 to register.

A teenager's life is complicated. We talk about dealing with growing responsibilities and evolving interests. In these drop-in sessions we'll be exploring how to better set yourself up for success. Topics include:

- **4 Quadrants of wellness:** This presentation breaks down 4 different areas in your life that you can work on to improve your life with some effort. We look at such things as physical, mental, and social wellness as well as accessing the community for support as well.
- **Anxiety:** Anxiety, it's hard to define and harder to live with. Ignoring it doesn't work. So, what do you do? This presentation helps you get a better understanding of what anxiety is and some tools to help you effectively cope with it.
- **Living Authentically:** Who are you as a person? As an individual? Not defined by a relationship or your job. But what makes you, you? We sometimes lose pieces of ourselves or never find pieces of ourselves due to life and circumstances. This presentation gives you some guideposts towards self-discovery and definition.
- **Resilience:** What is resilience, grit, a stiff upper lip? In this course we learn about how to not only bounce back from setbacks, but how to weather them and come out the better on the other side.





# 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](https://ymcanab.ca/familyworkshops)



For more information,  
**contact a navigator**

**P.** 780-377-3730

**E.** [infohub@ymcanab.ca](mailto: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.

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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](mailto: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](mailto: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.



# YMCA SUMMER DAY CAMP



## Summer day camp offerings

### Castle Downs Family YMCA

For more details, or to check out what's available at our other locations, visit [ymcanab.ca/camps](http://ymcanab.ca/camps).

#### Ages 4–6

Creative Explorers  
Science Explorers  
Y Multi-Sport  
Y Swim (2 weeks)

#### Ages 6–9

Aqua Explorers  
Creative Explorers  
Science Explorers  
Y Basketball  
Y Explorers  
Y Multi-Sport  
Y Soccer  
Y Swim (2 weeks)

#### Ages 9–12

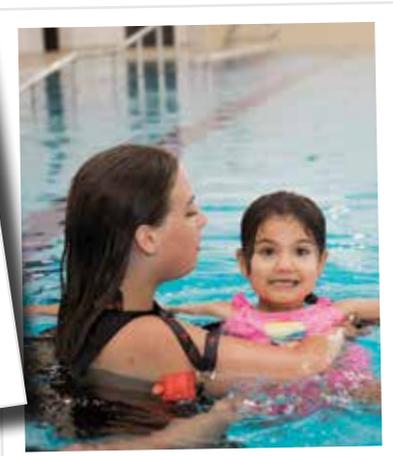
Aqua Explorers  
Creative Explorers  
Esports  
Science Explorers  
Y Basketball  
Y Explorers  
Y Multi-Sport  
Y Soccer  
Y Swim (2 weeks)

#### Ages 12–15

Y Explorers

#### Ages 13–15

Aqua Leaders (2 weeks)  
Counsellor In  
Training (2 weeks)



Get your spot now at [ymcanab.ca/camps](http://ymcanab.ca/camps)



# 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



## Spring Break Camps—March/April

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.



## Spring Registration OPEN NOW

Sessions are filling up for our spring classes! Register now for April 6–June 14, 2026. Sign up once for 12 weeks of classes!



## Child & Youth Programs

# Spring, sorted: YMCA members get priority registration and major discounts on programs!

Spring Session: April 6–June 14, 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](https://ymcanab.ca/register)



# Book their Spring Break 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 Spring Break Day Camps

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

MARCH	APRIL
20 (PD Day) 30, 31 (Spring Break)	April 1, 2, 5 (Spring Break)



Shine On



Search “School  
Break Day Camp”  
and sign up now at  
[ymcanab.ca/register](http://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.

## A-Maze-ing Mazes

Sunday, March 29, 1:30–2:30 pm  
Castle Downs Edmonton Public Library (106 Lakeside Landing, 15379 Castle Downs Rd)

A-maze yourself and your friends with your maze-building skills. Create your own twisty designs using recycled materials and help a robot race through a maze. Drop-in program for ages 6-8.



## Bounce into Spring with Beth!

Monday, March 30, 2–3 pm  
Castle Downs Edmonton Public Library (106 Lakeside Landing, 15379 Castle Downs Rd)

Beth's Picnic Show is back at EPL and this time she's celebrating Springtime! Songs focus on nature, creativity and picnic fun. Together, we pretend to have a picnic and notice the signs of Spring. This colourful and engaging indoor concert is great for the whole family. Participation may be limited to 40.



## Fantasy Garden and Beyond

Tuesday, March 31, 1:30–2:30 pm

Castle Downs Edmonton Public Library (106 Lakeside Landing, 15379 Castle Downs Rd)



Design a door to your fantasy world, map your world and make a character who lives there! Drop-in program for ages 6-8.



## FREE Adult Admission to Art Gallert of Alberta

Thursday, March 27 (and the last Thursday of every month) from 4–7pm.

2 Sir Winston Churchill Square, Edmonton



Did you know? **Ages 17 and under are always free!** Check out the current exhibits and plan your free evening out now.

# Parent Corner

Recipes, advice and more...

## RECIPE OF THE MONTH

### Sheet-Pan Chicken with Potatoes & Green Beans

#### INGREDIENTS

- ¾ lb Yukon Gold potatoes, quartered
- 2 chicken breasts
- Olive oil, paprika, salt, pepper
- ½ lb green beans, trimmed
- 2 garlic cloves, minced
- Lemon

#### DIRECTIONS:

1. Preheat oven to 400 °F; line sheet with parchment.
2. Toss potatoes in oil, paprika, salt, pepper; place on sheet.
3. Season chicken similarly; add to sheet. Bake 15 min.
4. Flip chicken, stir potatoes; add green beans, garlic, oil, season, lemon. Bake
5. another 10–15 min



# Parent Corner

## Tip of the Month

### Spring Prep & Healthy Habits

- Prepare for allergy season early
- Declutter toys and donate as a spring cleaning activity
- Adjust sleep routines for daylight saving time
- Make brushing and flossing fun
- Celebrate progress as spring report cards come out
- Spend more time outdoors as weather improves
- Reinforce bike and road safety
- Pack healthy snacks for park trips
- Assign spring chores for responsibility
- Plant seeds or flowers together

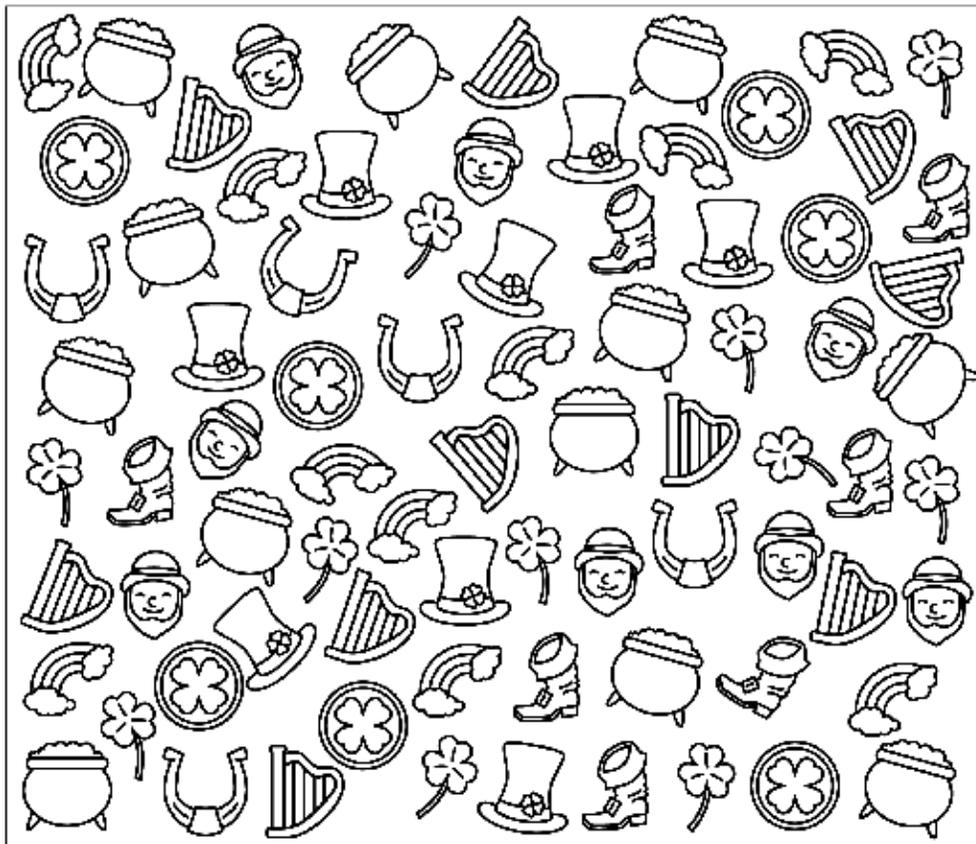


# Parent Corner

## Activity of the Month

How many can you find?

### ST. PATRICK'S DAY I SPY



 _____	 _____	 _____	 _____
 _____	 _____	 _____	 _____

WWW.FISANDPAINT.COM

## 24/7 CRISIS & SUPPORT LINES

If you or someone you know is experiencing distress or is in crisis, please contact one of the following numbers, or call 911 if you are in immediate danger. Available 24/7.

**Addiction Services Helpline — 1 (866) 332-2322**

Help for problems with gambling, alcohol, tobacco and other drugs.

**Bullying Helpline — 1 (888) 456-2323**

Advice or support on bullying ([bullyfreealberta.ca](http://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.