



North Central Edmonton Family Resource Network

- April 2026
- 11510 153 Ave, Edmonton, AB T5X 6A3
780-377-3730 | infohub@ymcanab.ca
- CLOSED
Friday, April 3
Good Friday



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● CLOSED
Friday, April 3
Good Friday

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/



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.

Registration is open for Spring 2026 Programs!

PROGRAMS AT A GLANCE

Spring 2026

MONDAY

Little Gardeners
Apr 13 - Jun 22
(Break: May 18)
0-6yrs
10:00am-11:00am
Parented

Books & Bites
Apr 13 - Jun 22
(Break: May 18)
0-6yrs
10:00am-11:30am
Parented

**After- Dark
Book Club**
May 25 - Jun 22
6:00pm-7:00pm
Parent Education

TUESDAY

Books & Bites
Apr 7 - Jun 23
0-6yrs
10:00am-11:30am
Parented

Adventures in Play
Apr 7 - Jun 23
0-6yrs
10:00am-11:30am
Parented

Glow Together
Apr 7 - Jun 23
10-12yrs
3:30pm-5:00pm

**Afterschool
Adventures**
Apr 7 - Jun 23
6-12yrs
3:30pm-5:00pm

**Family Book Club
Online
Centre for Family
Literacy**
Apr 14 - Jun 16
0-6yrs
5:30pm-6:30pm

WEDNESDAY

We have
programs for the
whole family!
Please check our
website for more
details.



THURSDAY

Adventures in Play
Apr 9 - Jun 18
0-6yrs
10:00am-11:30am
Parented

**Nurturing Families
Book Club**
Apr 9 - Jun 18
10am-11:00am
Parent Education

**Afterschool
Adventures**
Apr 9 - Jun 18
6-12yrs
2:30pm-4:30pm

Glow Together
Apr 9 - Jun 18
10-12yrs
3:30pm-5:00pm

Kids in the Kitchen
#1 Apr 9 - May 7
6-9yrs
#2 May 14 - Jun 11
10-12yrs
All Ages
#3 Jun 18
3:30pm-5:00pm

FRIDAY

**Story Sprouts
Centre for Family
Literacy**
Apr 17 - Jun 19
0-6yrs
9:30am-11:00am
Parented

Books & Bites
Apr 10 - Jun 19
(Break: May 8)
0-6yrs
10:00am-11:30pm
Parented

**One-on-One
(Appt Only)**
Apr 10 - Jun 19
(Break: May 8)
1:00pm-3:00pm
Parent Education



See full program guide for more information.

Register for FREE Programs:
Phone: 780-478-5396
Email: registration@kara-frc.ca



FAMILY
RESOURCE
CENTRE



FREE BREAD

donated fresh every week from
Cobs Bakery!

Pick up at

KARA Family Resource Centre

Buzzer #108,

5606 134a Ave NW

9am - 3pm

Every Monday

* If Monday is a holiday, bread will be available on Tuesday instead



FAMILY
RESOURCE
CENTRE

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



April Workshop Highlights

Triple P Family Transitions

This workshop is 5-weeks in length and will begin on Wednesday, April 15th from 6-8pm

Please call 780-377-3730 to register.

What is this program? This workshop is aimed to help families going through the separation or divorce process.

Who is this program designed for? Parents and caregivers going through separation and divorce where there are unresolved conflicts and communication barriers.

Triple P Teen Group

This workshop is 8-weeks in length and will begin on Friday, April 10th from 2-4pm.

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

Who is this program designed for? Caregivers of teenagers 10-16, seeking support to address behavioural problems (e.g. rudeness, disrespect) or help teaching teens skills (e.g. independent problem solving, emotional regulation, positive communication).

Triple P Fear-less

This workshop is 8-weeks in length and will begin on Friday, April 10th from 2-4pm.

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

Who is this program designed for? Caregivers of teenagers 10-16, seeking support to address behavioural problems (e.g. rudeness, disrespect) or help teaching teens skills (e.g. independent problem solving, emotional regulation, positive communication).





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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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.

Registration is required,
refreshments will be provided.

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E. infohub@ymcanab.ca



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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E. infohub@ymcanab.ca



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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P. 780-377-3730

E. infohub@ymcanab.ca



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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E. infohub@ymcanab.ca

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— **NEW PICK UP TIME**

The North Central Edmonton Family Resource Network is a food bank depot on Wednesday's from **3–4pm**. To access this support if you are in need, please speak to a navigator by calling 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.





ACCESSIBLE KITCHEN

**COOKING
INDEPENDENCE
WORKSHOPS**

Learn about safe food handling, cooking food to proper doneness and creating easy, healthy meals. Our Accessible Kitchen workshop can help you gain confidence and independence in the kitchen, in a supportive and welcoming environment.

CLASS IS RECCOMENDED FOR

- Individuals with intellectual disabilities and/or those who require additional support in the kitchen.

One support person per registered participant is welcomed.

PRICE ONLY

\$15
PER CLASS

Payment is required prior to attending

**WEDNESDAYS, 1-3PM
FOR 6 WEEKS**

Upcoming sessions:
April 1-May 6 or
May 13-Jun 17

**BOYLE STREET
PLAZA YMCA**
9538 103a Ave
Edmonton, AB

FOR REGISTRATION
kitchen@ymcanab.ca



ACCESSIBLE KITCHEN

COOKING INDEPENDENCE WORKSHOPS

Learn about safe food handling, cooking food to proper doneness and creating easy, healthy meals. Our Accessible Kitchen workshop can help you gain confidence and independence in the kitchen, in a supportive and welcoming environment.

CLASS IS RECCOMENDED FOR

- Individuals with intellectual disabilities and/or those who require additional support in the kitchen.

One support person per registered participant is welcomed.

PRICE ONLY

\$15

PER CLASS

Payment is required prior to attending

THURSDAYS, 6-8PM FOR 6 WEEKS

Upcoming sessions:
April 2-May 7 or
May 14-Jun 18

BOYLE STREET PLAZA YMCA

9538 103a Ave
Edmonton, AB

FOR REGISTRATION

kitchen@ymcanab.ca

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.

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

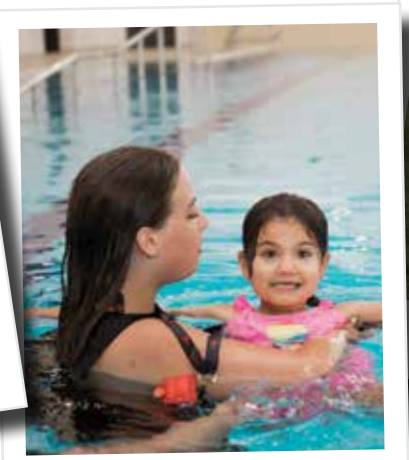
Aqua Explorers
Creative Explorers
Esports
Science Explorers
Y Basketball
Y Explorers
Y Multi-Sport
Y Soccer
Y Swim (2 weeks)

Ages 12–15

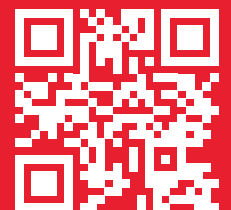
Y Explorers

Ages 13–15

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



Get your spot now at ymcanab.ca/camps



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)

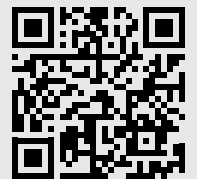
You'll find a wide range of support, from groups and workshops to spaces where you can just hang out. With different areas designed for every need, young people can come together to have fun and play games like Dungeons & Dragons, and private, soundproof rooms where you can speak with a counselor in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

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



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.

Sihle Sizwe Foundation After School Subsidized Music Program

Wednesdays from 4–7pm
14224 74 St NW



The Sizwe Foundation Afterschool Music Program, in collaboration with Londonderry Community League, offers group lessons in piano, saxophone, drums, clarinet and guitar taught by experienced instructors who are passionate about helping children grow in skill and confidence. Join us to learn music, build confidence, and connect with others in a supportive community.

LEGO at the Library

Sundays, 11am–2pm
Calder Branch, Edmonton Public
Library (12710 131 Ave)



Calling all LEGO lovers! Come to the library to design and build a LEGO creation. Share your building tips and tricks with others.

Discovery Club

Thursdays from 3:30–4:30pm
Calder Branch, Edmonton
Public Library (12710 131 Ave)



Full STEAM ahead! Explore all things Science, Technology, Engineering, Art and Math in this club for young scientists and makers..

Community Youth Centres

Wednesdays from 3:30–6:30pm (The Cellar),
Tuesdays & Thursdays from 3:30–6:30pm (The
Vault), Mondays & Wednesdays from 3:30–
5:30pm (The Core)

Locations: 13407 97 St NW (The Cellar), 6505
140 Ave NW (The Vault), 6505 140 Ave NW (The
Core)

We maintain a safe, positive and welcoming atmosphere where teens can find community, acceptance and belonging, free of judgement or fear of harm. All of our centres are barrier free, and welcome to ANY teen. And best of all, our centres are always FREE of cost!



FREE

**LIMITED SPACES!
Registration Required!**

YOUTH
Ages 13-17

Bent Arrow's Kikosewin FRN Presents:
Ribbon Skirt & Shirt Making

@ Bent Arrow - 11648 85 St NW

**Join us for a FREE 3-day workshop and
make your very own ribbon skirt or shirt!**

**Tuesday, Mar 31,
Wednesday, Apr 1,
& Thursday, Apr 2
1:00pm - 4:00pm**

**Open to all genders, skill levels and abilities!
Materials and food will be provided.**

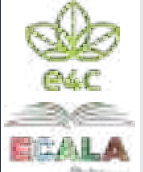


**SCAN
HERE
TO
REGISTER:**





English Conversation Circle



Improve your English speaking, listening, reading and writing skills while meeting new people!

Topics Include:

Health and Wellness

Canadian Culture

School Communication

Canadian Workplace

And much more!

- Tuesdays 1:30-3:00pm
- Fridays 10:00-11:30pm
- Zoom Zoom

- Tuesdays and Thursdays 9:30-11:30am
- Clareview Head Start
1142 Hermitage Road

- Wednesdays Thursdays
- 6:30-8:30pm 1:00-3:00pm
- Castle Downs Library
15379 Castle Downs Rd
- Meadows Library
2702 17 Street



Scan to Register

awilliamson@e4calberta.org

780-913-5610

[Contact Ashley](#)

AFTER SCHOOL SUBSIDIZED Music PROGRAM

WEDNESDAYS 4 TO 7 PM
14224 - 74 ST NW, EDMONTON

SCAN TO REGISTER

GROUP LESSONS FOR
PIANO
SAXOPHONE
DRUMS
CLARINET
GUITAR

SPONSORS

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.



Youth Unlimited™
YFC EDMONTON



"I love this place, it's like a second home for me."

YOUTH CENTRES



LEGO at the Library

Dates: Sundays

Time: 11:00 a.m. to 2:00 p.m.

Ages: 6-12

Calling all LEGO lovers! Come to the library to design and build a LEGO creation. Share your building tips and tricks with others.

Discovery Club

Dates: Thursday afternoons

Time: 3:30 p.m. to 4:30 p.m.

Ages: 6-8

Full STEAM ahead! Explore all things Science, Technology, Engineering, Art and Math in this club for young scientists and makers.

**Calder Branch • 12710 - 131 Avenue
Edmonton, AB • T5L 2Z6 • T: (780) 496-7090**



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 10:30am - 11:00am

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

Building Financial Futures



TAX TIME

TAX CLINIC

Join our easy-to-access tax filing clinic to file your basic return, and receive the refunds, credits, and benefits you're eligible for!

Eligibility →

Family Size	Max. Income
1 Person	\$40,000
2 People	\$55,000
3 People	\$60,000
4 People	\$65,000
5 People	\$75,000
Additional Person	+\$5,000

What to Bring

- ✓ Government ID, Social Insurance Number
- ✓ Tax Slips - T4, T4E, T5, T5007, T4A, T4A(P), T4A (OAS), Pension, T2202A, Tuition
- ✓ Receipts for charitable donations, medical, dental, childcare, and RRSP contributions
- ✓ Previous year's Notice of Assessment

CASTLE DOWNS FAMILY YMCA

DATE: April 18th & 23rd, 2026

TIME: 12:30pm-7:00pm

ADDRESS:

REGISTRATION INFORMATION:



In partnership with Prosper Canada and funded in part by the Government of Canada's Social Development and Partnerships Program

Funded in part by the
Government of Canada's Social
Development Partnerships Program





Every child deserves to be safe

Where can children go in Edmonton & area when home is not safe or they don't have a home at all?

Kids Kottage Foundation provides safe shelter for infants and children up to 10 yrs old when they are at risk (due to many reasons including mental or physical abuse, homelessness, neglect, safety concerns, and more).

Since 1995, Kids Kottage has provided temporary shelter for more than 26,000 children in our community while helping their families get the resources and support they need.

KIDSKOTTAGE.ORG

Malaysia Singapore Social Association (MSSA) presents

SPRING GALA

Celebrating the Year of the Horse

Saturday, April 18, 2026
At Dynasty Century Palace Restaurant
Reception at 6pm, Dinner at 7pm

Live band performance, lion dance show, dance showcase and lucky draw prizes

Please contact Lily at 780-953-5459 or send an email to MSSAEDM@gmail.com
To pre-order your tickets: \$95 (regular), \$65 (VIP)



Family violence help starts today

Do you feel unsafe in your relationship? We are here to help. Contact us at info@thetodaycentre.ca or 780-455-6680 to speak with a Family Violence Specialist. Free Healthy Relationship workshops for young adults covering communication, conflict management, boundaries, consent and dating violence. To book your organization and/or youth group, please contact Don at (780) 392-3257 or email: education@thetodaycentre.ca

Interested in learning more about family violence and how you can help someone... register now for our REAL Talk workshops. Keep it Real - Community Initiatives Against Family Violence.

Did you know The Today Centre also offers professional development training on topics related to family violence? Check out our Eventbrite page for all upcoming training events and workshops! Contact training@thetodaycentre.ca to book a workshop for your organization and staff. We can come to you!

Parent Corner

Recipes, advice and more...

RECIPE OF THE MONTH

Homemade Chicken Noodle Soup

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 3 carrots, sliced
- 2 celery stalks, sliced
- 8 cups chicken broth
- 2 cups cooked shredded chicken (rotisserie or fresh)
- 2 cups egg noodles
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- Salt and pepper, to taste
- Optional: lemon juice, fresh parsley for garnish

DIRECTIONS:

1. Heat olive oil in a large pot over medium heat.
2. Add onion, garlic, carrots, and celery; sauté 5–7 minutes until softened.
3. Pour in chicken broth, add thyme, parsley, salt, and pepper. Bring to a boil.
4. Add egg noodles and reduce heat to a simmer. Cook for 8–10 minutes until noodles are tender.
5. Stir in cooked chicken and simmer for another 2–3 minutes.
6. Taste and adjust seasoning. Add a splash of lemon juice for brightness, if desired.
7. Serve hot, garnished with fresh parsley.



Parent Corner

Tip of the Month

6 mood-boosting yoga poses to try with kids

Kids aren't immune to stress and anxiety. There are a number of yoga postures (asana) and breathing techniques (pranayama) that can benefit children's mental health and well-being and are easy to do with kids of all ages.

Here are six ways to use yoga to help reduce stress and enhance well-being for children.

1. Belly breathing

- Ask them to close their eyes and put their hands on their belly.
- Say: Imagine your belly is a balloon. You can think of the colour. Name it if you like. (This is especially good for small children.)
- Breathe in and imagine you are filling up the balloon. Breathe out and let the balloon empty. Inhale to fill the balloon again. Exhale to let it empty.
- Repeat this (with or without additional verbal cuing) for one minute.

2. Standing forward fold (elephant pose)

- Ask your child to stand up with feet hip-width apart and fold forward, bending their knees if they like.
- Clasp hands near their feet to come to "elephant pose."
- Your little elephant can sway their trunk side to side, or just be still and rest.

3. Child's pose (rock pose)

- Have your child sit on their heels and fold forward with their forehead on the ground. Arms can reach forward or they can hold on to their feet.

- Ask your child to "be still like a rock" for three to 10 breaths, depending on their age.
- If they like, they can rock their head from side to side, which will massage the cranial nerves in the forehead.

4. Lion's pose

- From a kneeling position, have your child inhale through their nose.
- Exhale, sticking the tongue out, and fold forward, roaring out the breath. Kids can put up their "lion paws" if they like.
- Repeat three to six times. This can also be done standing up with bent knees.

5. Chair pose (lighting bolt)

- Standing up, ask your child to bend their knees and send their hips back like they are sitting into an uncomfortable chair.
- Reaching arms overhead, ask them to keep reaching up and sitting back.
- See if they can hold this for 30 seconds.

6. Shaking

- Shaking practices are common in many yoga lineages. It can help us release feelings of anger and let go of our need for control.
- Kids can try to shake out any big feelings, such as anger, worry, or sadness to allow a safe way to let go of emotions without having to hide them or pretend they don't exist. This can be a fun practice to do with music, so let your child pick their favourite song if they like! Just hit play, start shaking your arms, bend your knees, and let everything bounce and shake.

This is a great way to start a yoga practice if your child is feeling very anxious, as it will help burn off some of the stress hormones and help your child become more comfortable moving into stillness.

Parent Corner

Activity of the Month

Outdoor Play & Safety

- Review your family emergency plan
- Practice stranger safety and park rules
- Explore nature-based activities for learning
- Teach traffic and sidewalk safety
- Take a break from screens over spring break
- Involve kids in prepping outdoor meals or snacks
- Inspect outdoor gear and toys for safety
- Do an Earth Day project together
- Stay consistent with homework habits
- Make handwashing routine after outdoor play



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.