



North Central Edmonton Family Resource Network

- May 2026
- 11510 153 Ave, Edmonton, AB T5X 6A3
780-377-3730 | infohub@ymcanab.ca
- CLOSED
Monday, May 18
Victoria Day



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● CLOSED
Monday, May 18
Victoria Day

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



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!

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.

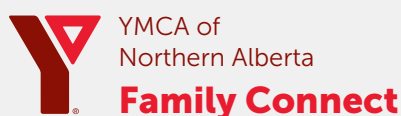
Registration is required,
refreshments will be provided.

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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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

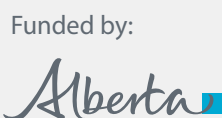
- ▼ Anxiety - What is it and how does it develop?
- ▼ Promoting emotional resilience
- ▼ Strategies for responding to your child's anxiety

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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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▽ For more information, **contact a navigator**

P. 780-377-3730

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 happening 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.

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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

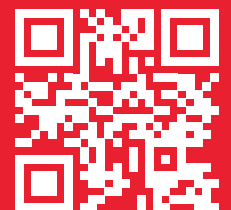
Y Explorers

Ages 13–15

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



Get your spot now at ymcanab.ca/camps



What's Happening at the YMCA?

Y Mind

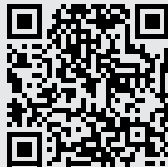
Y Mind is a free seven-week group mental wellness program delivered to teens aged 13–18 and youth aged 18–30 who experience mild to moderate anxiety. Participants learn effective skills to cope with symptoms of anxiety and engage in early-intervention mental wellness support in a safe environment that 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—May & June

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.

UFest: Edmonton's Ukrainian Festival

May 29–30 | Borden Park, Edmonton

Free admission to Borden Park for Ukrainian food, music, and dance.



Free Kids Run Wild Try-It Session

Thursday, May 14, 6–7:30pm

Hodgson Park, 503 Hodgson Rd NW

Each Try-It session takes 20–40 minutes, depending on how much exploring your family wants to do. These sessions are designed for families who want to try orienteering, enjoy an outdoor adventure.



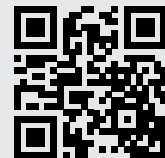
SpringFest at Manning Town Centre

Saturday, May 16, 12–3pm

Manning Town Centre

15531 37 St NW

It will take place in the central parking lot north of The Canadian Brewhouse. The event includes bouncy castles, carnival games, live entertainment, a magician, balloon art, airbrush tattoos, and interactive kids' activities.



SPECIALIZED SERVICES OR BEHAVIOURAL/ DEVELOPMENTAL SUPPORTS

Funded by Family Support for Children with Disabilities (FSCD), this options provides funding for a full service team which may include:

- Speech-language pathologists (and Assistants)
- Occupational therapists (and Assistants)
- Behaviour consultants
- Primary consultants
- Physiotherapists
- Social workers

We develop program plans with each child and family, and we provide the professional supports needed to meet each child at their current age and stage.

Call us at 780-495-9235, and our Intake Team would be happy to help set up these services for your child



www.childrensautism.ca



SUMMER CAMPS ARE BACK!

Join us for fun-filled summer adventures at three outdoor locations and our indoor Maier Centre West camp! Half-day or full-day programs, Monday to Friday, with field trips and special activities on Wednesdays.

There's also a full-day Teen Camp, featuring field trips using public transit throughout the week.

REGISTER EARLY - LIMITED SPOTS



www.childrensautism.ca



**PRESCHOOL
INTAKE FOR
2026/2027 IS
NOW OPEN!**

Morning and afternoon classes across multiple Edmonton locations for children as young as 2.8 years old who qualify for Program Unit Funding (PUF).

CALL (780) 495-9235

PREKINDERGARTEN AND KINDERGARTEN PROGRAMS

We focus on the development of communication skills, functional play skills, fine and gross motor skills, classroom routines, and many prekindergarten and kindergarten concepts. We meet each child at his or her current age and stage. Classes are half day, Monday to Friday, and class sizes are small. Guided by the SCERTS Model, children find great success in our programs.

- Professional supports include:
- Classroom teacher
- 2-3 Educational Assistants
- Speech language pathologist
- Occupational therapist
- Behaviour consultant

Visit childrensautism.ca to learn more.

Parent Corner

Recipes, advice and more...

RECIPE OF THE MONTH

Classic Beef Lasagna

INGREDIENTS

For Meat Sauce:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 lb ground beef
- 24 oz jar marinara or tomato pasta sauce
- 2 tablespoons tomato paste
- 1 teaspoon Italian seasoning
- Salt and pepper to taste

For Ricotta Layer:

- 15 oz ricotta cheese
- 1 egg
- ½ cup grated Parmesan cheese
- 1 tablespoon chopped parsley (optional)

FOR ASSEMBLY:

- 9 lasagna noodles (regular or no-boil)
- 2 cups shredded mozzarella cheese
- Extra Parmesan for topping

DIRECTIONS:

1. Preheat oven to 375°F (190°C).
2. Make the meat sauce: Heat olive oil in a skillet. Sauté onion and garlic, then add ground beef and cook until browned. Drain excess fat. Stir in marinara, tomato paste, Italian seasoning, salt, and pepper. Simmer for 15 minutes.
3. Make the ricotta mixture: In a bowl, mix ricotta, egg, Parmesan, and parsley.
4. Cook noodles if using regular ones (skip if using no-boil).
5. Assemble lasagna:
 - Spread a thin layer of meat sauce on the bottom of a 9x13-inch baking dish.
 - Layer 3 noodles, of ricotta mixture, of sauce, and of mozzarella.
 - Repeat layers 2 more times, ending with mozzarella and extra Parmesan.
6. Cover with foil and bake for 25 minutes. Remove foil and bake 20 more minutes until golden and bubbly.
7. Rest 10–15 minutes before slicing.

Parent Corner

Tip of the Month

School wrap-up & Summer Prep

- Maintain school routines through the last day
- Review water safety rules together
- Teach sun safety: sunscreen, hats, and hydration
- Create a summer fun or learning bucket list
- Register early for summer programs and camps
- Encourage kindness as the school year ends
- Keep healthy lunches going for field trips and events
- Celebrate the end of the year with a simple ritual
- Choose summer reading books as a family
- Reflect on what your child learned and achieved

Picture lots of fun!

Register now for

**YMCA
SUMMER
DAY
CAMPS**



Shine On

ymcanab.ca/camps

Parent Corner

Activity of the Month

Exercise and Mindfulness Techniques to Try with Your Kids

Freeze Dance Party

Play upbeat music (kids' favorites work best) and dance wildly together—freeze like statues when it stops. Builds body control, releases energy, and sparks giggles for instant joy.

Birthday Candle Breathing

Sit in a circle, pretend to light imaginary candles, take deep breaths in, and blow them out slowly one by one. Teaches mindful breathing to settle big feelings while feeling playful.

Simon Says with a Twist

Take turns leading “Simon Says” commands like “hop like frogs” or “wave arms slowly”—only follow if “Simon says” is first. Boosts impulse control, listening, and laughter.

I Spy Scavenger Hunt

Hide 5-10 household items, make a list, and race to find them in 10 minutes (take turns hiding). Gets kids moving, focused, and triumphant—great for indoor rainy May days.

Family Move Jar

Write fun moves on slips (e.g., “10 jumping jacks,” “run in place 30 seconds”), shake in a jar, and draw turns. Combines surprise exercise with teamwork for shared mood lifts.



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.