



North Central Edmonton Family Resource Network

● June 2026

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



Table of Contents

Family Resource Network
(FRN) Information and
Spoke Updates

04

What's happening in
your City?

22

YMCA Family Connect
Programs

13

Parent Corner

23

What's happening
at the HUB?

15

24/7 crisis and support
contacts (back page)

26

What's happening
at your YMCA?

20

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/



BGCBigS.ca
Edmonton & Area

Questions?
Contact: Patsy Weeks
1-800-387-2222
www.bgcbigs.ca

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!

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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YMCA Family Connect Programs



Caregiver Education provides meaningful programs and workshops that support the emotional wellness of children, teens and caregivers. Through compassionate, evidence-based programming, participants are given the opportunity to build resilience, develop healthy coping strategies and connect with others in a safe and supportive environment.

One of the key programs offered is the Rainbows peer support program, which includes Sunbeams, Rainbows and Spectrum groups for children and youth who have experienced separation, divorce, death or other difficult family transitions. Participants meet weekly in age-appropriate groups led by trained facilitators to process grief, strengthen self-esteem and learn positive coping skills. Programs include Sunbeams for children ages 3–5, Rainbows Levels 1–4 for ages 6–14, and Spectrum Levels 1–2 for teens ages 14–18.

Caregiver Education also offers the CR Series, a collection of one-session workshops created to support caregivers through the challenges of everyday life. These workshops provide practical tools, strategies and encouragement on topics such as anger management, anxiety, authentic living, building healthy boundaries, resilience, and coping with isolation and loneliness.

For teens, Wellness for Teens workshops offer engaging sessions focused on physical, mental and social wellness. Youth ages 13–24 can explore topics such as anxiety, resilience, self-discovery and authentic living while gaining valuable tools to support their overall well-being and personal growth.

To register or for more information please call 780-377-3730 or email infohub@ymcanab.ca



View or Download your copy today!

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.



Join the Spray Park Trail!

Summer 2026

Every Tuesday*,
July 7– August 25,
2–4pm

Pick up your **Spray Park Trail passport** during any event or in advance at the North Central Edmonton FRN inside Castle Downs Family YMCA (11510 153 Ave NW) starting mid-June.

Enter to win prizes: Complete a quick digital check-in to have your passport stamped at each location. Every entry is a chance to win!

- July 7 – Castle Downs Spray Park
11520 153 Ave NW
- July 14 – Poplar Park Spray Park
8403 167 Ave NW
- July 21 – Kensington Park Spray Park
12130 134A Ave NW
- July 28 – Killarney Park Spray Park
8720 130A Ave NW
- August 4 – Hudson Park Spray Park
13625 Cumberland Rd NW
- August 11 – Brintnell Spray Park
210 Brintnell Blvd NW
- August 18 – Rosslyn Park Spray Park
11015 134 Ave NW
- August 25 – Glengarry Spray Park
13325 89 St NW

*Spray Park Trail days are weather-dependant. If it is raining, extremely windy, or there is a smoke level of 7 or higher, we will not be running our event.





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

\$90 PLUS GST

FOR A 6-WEEK SESSION

Payment is required prior
to attending

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

Upcoming sessions:

**Aug 5-Sept 8
Sept 16- Oct 21
Oct 28- Dec 2**

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

FOR REGISTRATION
kitchen@ymcanab.ca



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FOR 6 WEEKS**

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Sept 15-Oct 20
Oct 27-Dec 1

**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

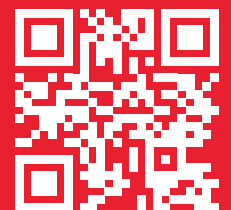
Y Explorers

Ages 13–15

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

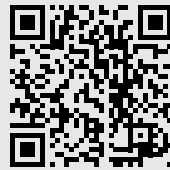


Get your spot now at ymcanab.ca/camps



What's Happening at the YMCA?

Pool Party @ the Y Jun 20 | 3–5pm



Join us for FREE FAMILY FUN at this summer's Pool Party @ the Y! We'll have water games, cannon ball contest, family aquafit class, floating ring toss game, carnival games & more with prizes to be won.

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

NEW 2-Week Swim Lessons! Only at Don Wheaton YMCA, open to everyone.

This summer, get eight swim lessons over a quick, two-week session and watch your child's swim skills increase. These lessons run Monday-Thursday for a two-week session, getting your kids swimming every day and helping them progress while they have a fun, active summer.

Register for any level from Parent & Tot 1 to Star 6! Your first two-week session is included in membership and you can add more sessions at a reduced fee of \$43.20 per session. If there's a holiday during your session, we'll prorate those fees.

These sessions are only offered at Don Wheaton Family YMCA downtown, but they're available to all members! Our downtown Y features free underground parking, quiet locker rooms and a cafe on site.



Register for
6 months–5 years



Register for
6–12 years

Free family event!

POOL PARTY

@ the Y!



Saturday
June 20, 2026
3-5pm



Castle Downs Family YMCA
11510 153 Ave NW, Edmonton, AB

Water games, cannon ball contest, family aquafit class, floating ring toss game, carnival games & more with prizes to be won.



Sign up now!

Free to attend,
registration recommended.



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.

AFRICANIVAL 2026

June 5-7, 2026

Eastwood Park – 8502 119 Ave NW

Africanival is to share and celebrate with Edmontonians, the colorful, rich, inviting and diverse cultures of peoples of African descent in Edmonton and beyond.



DeafBlind Expo 2026

Saturday, June 6

Northgate Lions Recreation Centre

7524 139 Ave

"Art Without Boundaries" with Rose Kamma Morrison. Accessible and tactile art class with pizza dinner! Rose is a Canadian DeafBlind artist who creates abstract alcohol ink art using her mind's eye and simple tools.

General public: \$20 Registration Fee

DeafBlind: Free

Supplies & interpreters provided.

Move and Dance: Free Parent Child Dance

Ongoing dates | Mondays from 9:30–10:30am
10515 111 St NW

Good Women Dance Collective invites you to dance with your baby and preschoolers in a free Parent Child Dance Class which runs Mondays from 9:30-10:30am at the Shumka Dance Centre. This free drop-in class is open to children ages 0-5 and all caregivers, of all experience and abilities.



Seden Centre for Child Development and Wellness

Ongoing dates | 182 Sioux Road
Wild Rose Square, Sherwod Park, AB

Seden Centre is redefining how your child can successfully learn in a preschool/junior kindergarten setting. We promote the SOCIAL, EMOTIONAL, PHYSICAL, and COGNITIVE development a child needs to be able to self-regulate, to attend, be healthy (inside and out), have emotional wellness, and cognitive aspects of language, literacy, and numeracy to attain a well-rounded education.



Parent Corner

Recipes, advice and more...

RECIPE OF THE MONTH

Classic Italian Meatballs

INGREDIENTS

For Meat Sauce:

- 1 lb ground beef (or mix beef and pork)
- ½ cup breadcrumbs (plain or Italian seasoned)
- ¼ cup grated Parmesan cheese
- 1 large egg
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped (or 1 tsp dried parsley)
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried oregano
- ¼ cup milk
- Olive oil for frying

DIRECTIONS:

1. In a large bowl, combine the ground beef, breadcrumbs, Parmesan, egg, garlic, parsley, salt, pepper, oregano, and milk.
2. Mix gently but thoroughly until all ingredients are combined. Avoid overmixing to keep meatballs tender.
3. Shape mixture into 1 ½ inch meatballs (about the size of a golf ball).
4. Heat olive oil in a large skillet over medium heat. Add meatballs, cook in batches, browning on all sides (about 5–7 minutes).
5. Once browned, you can finish cooking them in your favorite tomato sauce by simmering for 15–20 minutes or bake them in a 375°F oven on a baking sheet for 20 minutes.
6. Serve hot with pasta, in a sub sandwich, or on their own as an appetizer.



Parent Corner

Tip of the Month

Summer & Outdoor Fun

- Practice constant supervision near water
- Set limits and routines around screen time
- Teach kids how to apply sunscreen properly
- Keep reusable water bottles filled and accessible
- Bring healthy snacks on outings
- Stick to regular bedtimes, even in summer
- Let kids help with simple summer recipes
- Reinforce helmet and bike safety
- Set aside quiet time for reading or journaling
- Learn to recognize signs of heat exhaustion

Picture lots of fun!

Register now for

**YMCA
SUMMER
DAY
CAMPS**



Shine On

ymcanab.ca/camps

Parent Corner

Activity of the Month

I SPY - BUGS



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.