



North Central Edmonton Family Resource Network

- August 2026
- 11510 153 Ave, Edmonton, AB T5X 6A3
780-377-3730 | infohub@ymcanab.ca
- CLOSED
Monday, August 3
Heritage Day

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● CLOSED
Monday, August 3
Heritage 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



MENTORING

BGCBigs offers Club programming and Mentoring programs to children and youth. Our general intake for 1-1 mentoring is closed, however we are still accepting new referrals through the North FRN- Castledowns YMCA and our partners at Children and Family Services.

Our West Youth Hub will be offering summer programming for youth ages 13+ throughout July and August. This is a welcoming space for youth to connect with peers and build new skills. This summer we are offering photography workshops, recreational & fitness challenges and creative projects. Please note that this programming is separate from our Club program and will take place through the Youth Hub side of the building.

For more information, please contact Ashley.berube@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!



POWER UP THE COMMUNITY

Become a COMMUNITY AMPLIFIER

*Every child deserves to walk into school knowing their
community is behind them.*

Kicks for Kids, 2026

LAST YEAR,
OUR COMMUNITY
SHOWED UP.

 **500** Families supported

 **750** Pairs of shoes provided to local children

 **14** Communities reached

 **50+** Volunteers powering the event



Imagine what we could do together this year.

**WILL YOU HELP
FILL THE SHELVES
IN 2026?**

Become a Community Amplifier.

Drop off Location
KARA Family Resource Centre
108 - 5606 134a Ave



Kicks for Kids, 2026

Four Simple Ways to Help



SHARE

Help us spread the word through your social
networks



COLLECT

Host a small shoe drive at your workplace, business,
school, or community group



CONNECT

Introduce us to a business or organization that wants to
make a difference



DONATE

Purchase one or more pairs of BRAND NEW Children's
shoes

Choose the way that fits you best.



Kicks for Kids, 2026



More than a Pair of Shoes

Every August, families make difficult
choices.

Sometimes, a new pair of shoes simply is
not possible.

That's where we show up.

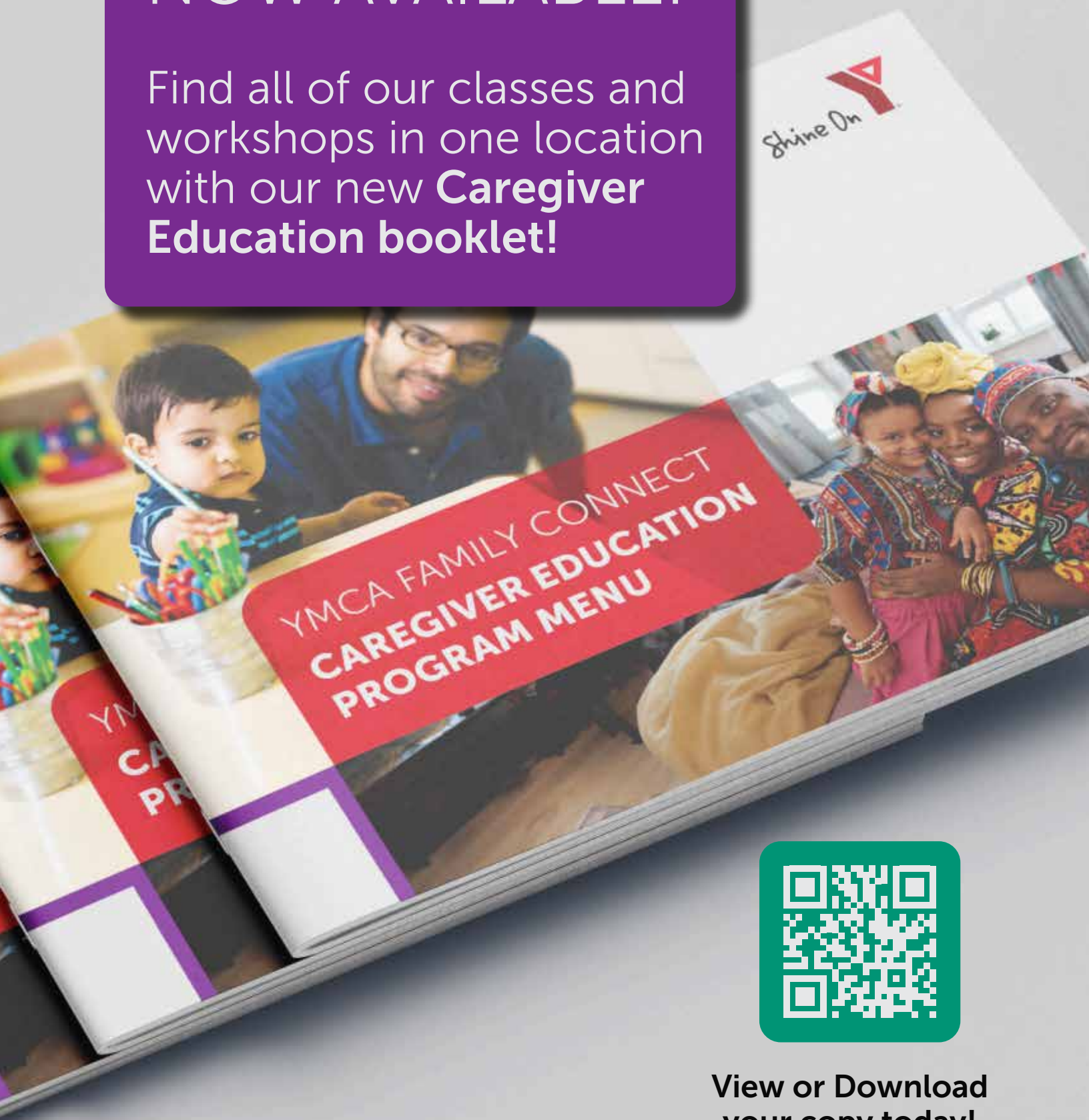
Because no child should have to start
school without a pair of shoes that fits.



Kicks for Kids, 2026

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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YMCA of
Northern Alberta
Family Connect

Funded by:



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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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refreshments will be provided.

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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 Caregiver Resiliency 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

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



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—

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.



✦ SUMMER FUN ✦

~~~~~ at the HUB ~~~~~

We'll bring the snacks & the fun! Come out and meet other families,
make new friends and create lasting memories!



3-4pm
Mon, Wed, Fri



Castle Downs Family YMCA
11510 153 Ave NW

July 6, 8, 10
Magic Paintbrush Parties

July 13, 15, 17
Circle of Creativity

July 20, 22, 24
6 Legged Explorers

July 27, 29, 31
Little Wave Makers

Aug 3, 5, 7
Pirates and Princesses

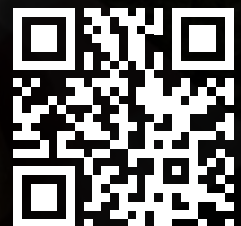
Aug 10, 12, 14
Crafting Connections

Aug 17, 19, 21
Propeller Pals

Aug 24, 26, 28
Furry Friends

~~~~~ ✦ ~~~~~  
**Registration is required** as space is limited.

Sign up weekly (and easily) via Eventbrite  
Get started at **[ymcanab.ca/frn](https://ymcanab.ca/frn)**



# YMCA SUMMER DAY CAMP



Shine On

**Limited spaces  
remaining!**

## 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**

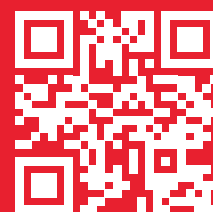
Y Explorers

#### **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 Happening at the YMCA?

## 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

## Esports at the Y

*Gaming for ages 9–12 this fall  
at your nearest Edmonton YMCA*



With our exciting new Esports program, they can game with new friends, learn about teamwork, problem-solving and build physical literacy skills. From sports to science, art, cooking, dance or Esports, there's a program for everyone at the Y.

Registration opens August 4 for YMCA Enhanced members.



Shine On



## Child & Youth Programs



Register now!

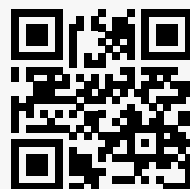
Get in on all the **great programs** happening at the Y this fall!

Fall session runs: September 7–December 20, 2026

- Basketball | 5–16yrs
- Creative Expressions | 2–3yrs parented, 5–12yrs
- Esports | 9–12yrs **NEW CAMP!**
- Floor Hockey | 7–12yrs
- Hip Hop | 4–16yrs
- Junior Lifeguard Club | 8–15yrs
- Junior Swim Instructor | 13–15yrs
- Leaders in Training | 12–17yrs
- 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
- Teen Night | 12–18yrs
- Triple Fun | 3–5yrs
- Volleyball | 9–16yrs



Registration begins August 4 for  
YMCA Enhanced members  
Learn more at [ymcanab.ca/register](https://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.

## Movie Under the Stars

Friday, August 21

Balwin Community League (12904 74 st)

Balwin Community League presents Movie Under the Stars: The Wizard of Oz. Bring your lawn chair and blankets for coziness and comfort.



## Community Days '26!

Saturday, September 12, 2026

Balwin Community League  
(12904 74 st)

Balwin Community League presents Community Days '26! Full Schedule of Fun! Free Breakfast! \$1 Lunch Items! Car Show, Bouncy Houses & Play Areas! Candy Scramble & Vendors Market and so much more! A Fun Day for Everyone!





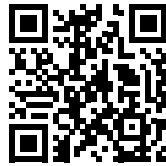
# What's happening in your city this month?

## Edmonton Heritage Festival

August 1–3, 2026

William Hawrelak Park

9320 William Hawrelak Park Rd NW



The Edmonton Heritage Festival is the world's largest three-day multicultural celebration. The festival showcases a diversity of cuisine, entertainment, interpretive materials, and crafts worldwide. There is no admission fees to enter or to watch the many cultural dances and folk music shows throughout the day. Attendees will be able to purchase various foods made by the pavilions. The festival will be making a return to Hawrelak Park for 2026!





# Parent Corner

Recipes, advice and more...

## RECIPE OF THE MONTH

### Easy Breakfast Wraps

#### INGREDIENTS

- 4 large flour tortillas (or whole wheat, spinach, etc.)
- 6 large eggs
- ¼ cup milk
- Salt and pepper, to taste
- 1 cup shredded cheese (cheddar, mozzarella, or your favorite)
- ½ cup cooked breakfast meat (bacon, sausage, or ham), chopped (optional)
- ½ cup diced bell peppers
- ½ cup diced onions
- 1 cup fresh spinach or kale, chopped
- 1 tablespoon olive oil or butter
- Salsa, avocado, or hot sauce for serving (optional)

#### DIRECTIONS:

1. In a bowl, whisk together eggs, milk, salt, and pepper.
2. Heat olive oil or butter in a non-stick skillet over medium heat. Sauté bell peppers and onions until soft (~3–4 minutes).
3. Add spinach and cook until wilted.
4. Pour egg mixture into the skillet. Stir gently and cook until eggs are softly scrambled and cooked through.
5. Remove from heat and stir in cooked breakfast meat and shredded cheese.
6. Warm tortillas in a dry pan or microwave for a few seconds to make them pliable.
7. Spoon the egg mixture onto each tortilla. Add salsa or avocado if desired.
8. Roll up the tortillas into wraps, folding in the sides to secure the filling.
9. Serve immediately or wrap in foil for on-the-go breakfasts.

# Parent Corner

## Tip of the Month

### Back-to-School Tips

- Ease into school wake/sleep schedules early
- Review safety rules for school and commuting
- Let kids help pick out supplies and organize
- Practice opening lunch containers for younger kids
- Refresh or set up homework/study areas
- Test out lunchbox recipes ahead of time
- Teach backpack and folder organization
- Role-play back-to-school social scenarios
- Write a few first-week encouragement notes
- Schedule doctor, dental, and vision appointments



# Parent Corner

## Activity of the Month



### A CAMPING ADVENTURE!



Fill in the blanks with the right parts of speech to complete this outrageous story!

\_\_\_\_\_ and \_\_\_\_\_ went on a \_\_\_\_\_ camping trip. They  
(NAME 1) (NAME 2) (ADJECTIVE)

\_\_\_\_\_ their \_\_\_\_\_ and started \_\_\_\_\_  
(PAST TENSE VERB) (ADJECTIVE) (PLURAL NOUN) (-ING VERB)

\_\_\_\_\_ to build a \_\_\_\_\_. They knew they needed to \_\_\_\_\_ a  
(ADVERB) (NOUN) (VERB)

lot of \_\_\_\_\_ before it became too \_\_\_\_\_ so they \_\_\_\_\_  
(PLURAL NOUN) (ADJECTIVE) (PAST TENSE VERB)

very \_\_\_\_\_. For a snack they decided to make \_\_\_\_\_  
(ADVERB) (PLURAL NOUN)

on a \_\_\_\_\_ and cook up a can of \_\_\_\_\_. As it got dark  
(NOUN) (PLURAL NOUN)

outside, \_\_\_\_\_ heard a \_\_\_\_\_ make a sound in the  
(NAME 2) (ANIMAL 1)

woods! \_\_\_\_\_ was scared and \_\_\_\_\_ a \_\_\_\_\_!  
(NAME 1) (PAST TENSE VERB) (NOUN)

Outside, \_\_\_\_\_ a \_\_\_\_\_ from inside the tent.  
(NAME 2) (PAST TENSE VERB) (NOUN)

The \_\_\_\_\_ but not before \_\_\_\_\_ over all the  
(ANIMAL 1) (PAST TENSE VERB) (-ING VERB)

\_\_\_\_\_! When the morning came, \_\_\_\_\_ and  
(ADJECTIVE) (NOUN) (NAME 1)

\_\_\_\_\_ left to go \_\_\_\_\_ up a \_\_\_\_\_ and  
(NAME 2) (VERB) (ADJECTIVE) (NOUN)

gather \_\_\_\_\_. It truly was a \_\_\_\_\_ camping trip!  
(PLURAL NOUN) (ADJECTIVE)



## 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.