



North Central Edmonton Family Resource Network

● July 2026

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



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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!



TWEEN (10-12)

Drop In

Tuesdays

July 15 - Aug 19

1:30-3:00pm

Londonderry Community League:
14224 74 st NW

Looking for a place to chill, connect, and just be yourself? Tween Hangout is your space to relax, craft, play games, and build new friendships in a fun and welcoming environment.

This program is all about:

- Making connections – through team games, creative projects, and shared laughs
- Building confidence – by learning how to express yourself and talk about what matters to you
- Growing communication skills – in ways that feel natural and supportive

Each week, we'll have new activities that get us thinking, creating, and chatting—whether it's a collaborative art project, a group game, or just time to unwind with snacks and conversation. This is your space to hang out, feel heard, and be part of a kind, inclusive group. Come as you are!

To Register call 780-478-5396



FAMILY
RESOURCE
CENTRE

PROGRAMS AT A GLANCE

Summer 2025

Monday

Herbal Harvest
YMCA
CastleDown
Jul 14 - Aug 18
(Break: Aug 4)
0-6yrs
10am-11:30am
Parented

Schools Out -
Adventures
KARA TOO
Jul 14 - Aug 18
(Break: Aug 4)
6-12yrs
1:00pm-3:00pm

Picnic in the
Park
Different
Locations
Jul 14 - Aug 18
(Break: Aug 4)
All Ages
1:00pm-3:00pm

Tuesday

Books & Bites
KARA TOO
Jul 15 - Aug 19
0-6yrs
10am-11:30am
Parented

Schools Out -
Adventure
Dunluce
Jul 15 - Aug 19
6-12yrs
1:00pm-3:00pm

Tween Drop In
Londonderry
Community
League
Jul 15 - Aug 19
10-13yrs
1:30pm-3:00pm

Family Evenings
KARA Main
Jul 15 - Aug 19
All Ages!
Dinner at 5pm
Program
5:30pm-7:00pm

Wednesday

Family Lunch
Lounge
KARA Main
Jul 2 - Aug 20
All Ages!
10am-11:30am
Lunch at
11:30am



KARA Two Drop
In
KARA TOO
Jul 2 - Aug 20
6yrs & up
1:30pm-3:00pm



Thursday

Play Adventures
with Alyssa
Kensington
Community
League
Jul 3 - Aug 21
0-6yrs
10am-11:30am
Parented

Schools Out -
Adventure
Dunluce
Jul 3 - Aug 21
6-12yrs
1:00pm-3:00pm

Family Evening
KARA Main
Jul 3 - Aug 21
All Ages!
Dinner at 5pm
Program
5:30pm-7:00pm

Friday

Books & Bites
Dunluce
Jul 4 - Aug 22
0-6yrs
10am-11:30am
Parented

KITK Brunch
KARA Main
Jul 4 - Aug 22
10-12yrs
10am-11:30am



See full program guide for locations, dates, and other important information.



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



FAMILY
RESOURCE
CENTRE

PROUDLY SPONSORED BY

ATB

Kickoff to Summer

BBQ

JULY 7 5PM-7PM

**ROBERT BRETT PARK
13412 57 ST NW**

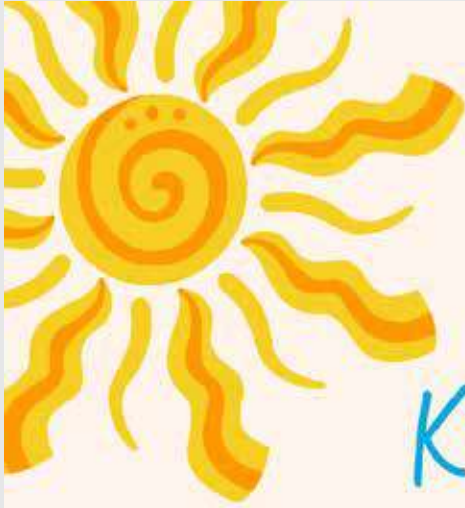
ACTIVITIES

PETTING ZOO, OUTDOOR GAMES,
BBQ, AND MORE!

**FREE EVENT
ALL WELCOME**



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!**



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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 YMCA of
Northern Alberta
Family Connect

Funded by:



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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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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.

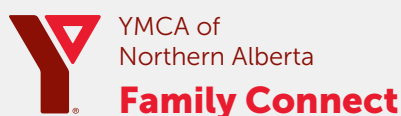
We give parents a safe place to meet others with children of the same age and with whom they share interests & concerns.

WHERE?

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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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Funded by:



Sessions are **FREE** and offered regularly



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Registration is required, refreshments will be provided.

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

P. 780-377-3730

E. infohub@ymcanab.ca

YMCA Family Connect Programs



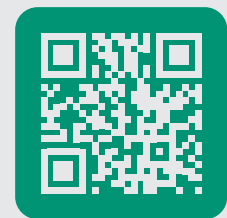
Caregiver Education provides meaningful programs and workshops that support the emotional wellness of children, teens and caregivers. Through compassionate, evidence-based programming, participants are given the opportunity to build resilience, develop healthy coping strategies and connect with others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



✦ 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

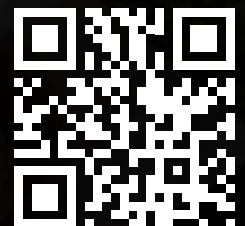
Aug 10, 12, 14
Crafting Connections

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



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

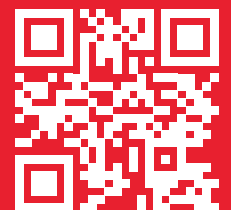
Y Explorers

Ages 13–15

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

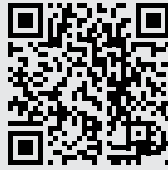


Get your spot now at ymcanab.ca/camps

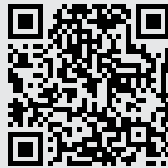


What's Happening at the YMCA?

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

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.

Edmonton International Street Performers Festival

July 4–12, 2026, 10am–10pm daily
Churchill Square/City Hall

The Edmonton International Street Performers Festival 2025 will take place in some places. The festival will feature international, national, and local talent, including circus shows, roving acts, and family fun. Admission is free, but performers earn their living through audience support



KDays

July 18–27, 2026

Edmonton Expo Grounds

Experience the 10 best days of summer on the midway at KDays! Get the adrenaline pumping with exciting rollercoasters and rides, discover the shopping markets and programming inside the Explorium, taste the warm sugary bliss of freshly fried donuts, dance along to big-name concerts, (including Theory of a Deadman, Amanda Marshall, K'naan, Down With Webster, and Simple Plan, to name a few) and wrap up each day by watching fireworks light up the night sky.

Budget-friendly days! Receive FREE gate admission (rides/food extra):

<https://k-days.com/general-info/value-days>





Craft and Chat

Tuesdays

7:00pm-8:30pm

Create and have fun with other crafters. A different project/medium is provided by staff each week, or feel free to bring a project that you are working on. This class is intended to provide a space for multiple generations to connect. Bring your parents and your kids and join us for an exploration of expression.

Book Clubs of EPL

Fourth Monday of the Month

7:00pm-8:30pm

Love reading? Love to talk about books you've read? Come join us for lively discussions on all types of fiction and non-fiction. We'll feature different titles and authors each month. Come and share your impressions, thoughts and interpretations of a book we have all read.

Computer Skills

July 2, July 16, July 30

6:30-8:30pm

These are classes for those who are new to computers including English language learners and seniors. A laptop and mouse will be provided as needed. Drop in, limited to 5 participants.

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

Seniors' Drop-In

At EPL's **Castle Downs Branch**, in partnership with Sage Seniors Association. Have a coffee, meet other seniors, and join in some fun activities like playing cards, watching a film, listening to a guest speaker, or learning about resources in the Library or in your community.

Second Tuesday of Every Month

1:30pm-2:30pm

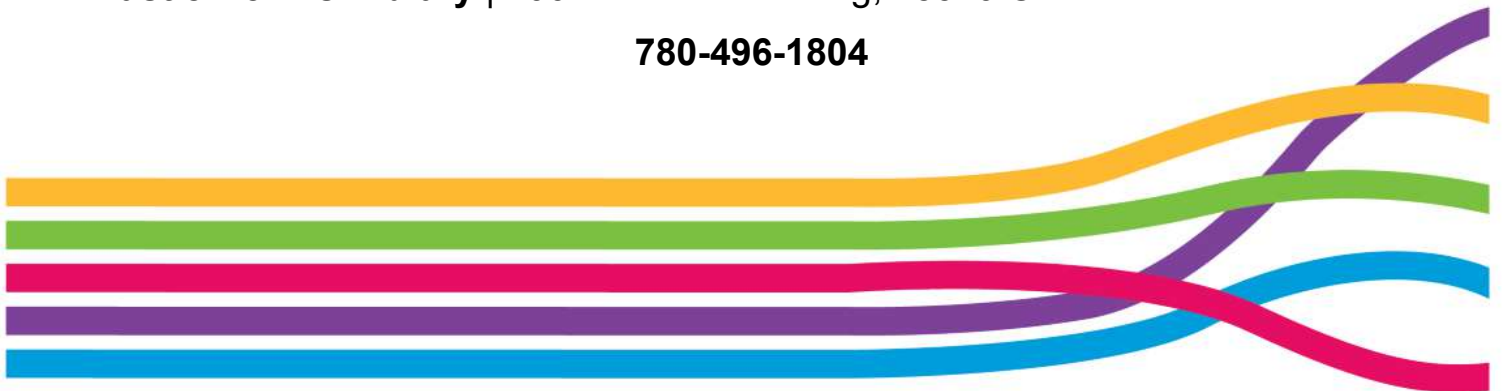
Upcoming dates:

July 8th 1:30pm-2:30pm

August 12th 1:30pm-2:30pm

Castle Downs Library | 106 Lakeside Landing, 15379 Castle Downs Road NW

780-496-1804



SUMMER READING FEST at EPL

Castle Downs Branch
 106 Lakeside Landing,
 15379 Castle Downs Rd
 780-496-1804

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<h2>June/July</h2>						21
22	23	24	25	26	27	28 The Journey Begins 1:00 p.m. Family
29	30 Soar to New Heights 1:30 p.m. Ages 9 - 12	1 CANADA DAY All locations closed.	2	3 Lego Lands: Strange New World 1:30 p.m. Ages 6 - 8	4	5 Paint Party Playtime 2:00 p.m. Ages 6 - 12
6	7	8 Dinosaur Adventures 10:30 a.m. Preschooler	9 Draw Cute Animals 6:30 p.m. Ages 9 - 12	10	11	12 Rejoice with a Reptile 2:00 p.m. Family
13	14 Shark Attack 1:30 p.m. Ages 6 - 8	15	16	17 Lego Lands: Strange New World 1:30 p.m. Ages 6 - 8	18	19 Magic Bubble Show 2:00 p.m. Family
20	21	22 Old MacDonald Dance Party 10:30 a.m. Preschooler	23 Where in the World is Phoenix Fuzzybottom? 6:30 p.m. Ages 9 - 12	24	25 Astronaut Academy 1:30 p.m. Ages 6 - 8	26

Parent Corner

Recipes, advice and more...

RECIPE OF THE MONTH

Vegetable Pinwheels

INGREDIENTS

- 1 red bell pepper sliced in thin strips
- 1 yellow bell pepper sliced in thin strips
- 2 cups broccoli slaw
- 1 whipped cream cheese
- 1 tsp fresh dill, chopped
- 2 green onions, chopped
- 2 sun dried tomato wraps
- 2 spinach wraps

DIRECTIONS:

1. In a bowl, mix cream cheese, dill, and green onions together.
2. Spread a thin layer of cream cheese mixture over wraps.
3. Add ¼ of each bell pepper to each wrap and ½ cup broccoli slaw to each wrap.

4. Roll the wrap tightly into a "log." Wrap in plastic wrap and place in the refrigerator for at least 2 hours.
5. Remove from plastic wrap and using a serrated knife, cut ends off. Cut into ½ inch pinwheels.

NOTES

- If you don't have whipped cream cheese, use softened cream cheese.
- Make sure to roll as tightly as possible so the vegetables don't fall out.
- Allow time for the rolls to cool in the fridge. It helps to make slicing easier.
- I recommend using a serrated knife for slicing the pinwheels. A serrated knife will slice through the pinwheel without tearing it apart.



Parent Corner

Tip of the Month

Sun Safety

Use Broad-Spectrum Sunscreen: Choose a sunscreen with SPF 30 or higher that protects against both UVA and UVB rays. Apply generously 15–30 minutes before sun exposure and reapply every 2 hours or after swimming or sweating.

Dress for Protection: Dress children in lightweight, long-sleeved shirts, pants, and wide-brimmed hats. Look for clothing with an UPF (Ultraviolet Protection Factor) label for added sun protection.

Seek Shade: Avoid direct sun exposure during peak hours (10 a.m. to 4 p.m.). Use umbrellas, tents, or trees for shade when outdoors.

Use Sunglasses: Protect your child's eyes with sunglasses that block 100% of UVA and UVB rays.

Be Extra Cautious Near Water, Sand, and Snow: These surfaces reflect UV rays and can increase the risk of sunburn. Take extra precautions like reapplying sunscreen more frequently.

Model Sun-Safe Behavior: Kids mimic adults—so wear your sunscreen, hat, and sunglasses, and seek shade to set a good example.



Parent Corner

Activity of the Month

Car Games

License Plate Game

Look for license plates from different provinces/states/countries and try to spot as many as possible.

Alphabet Game

Find letters A–Z on road signs, billboards, or license plates in order.

Would You Rather?

Silly or thoughtful choices: “Would you rather eat ice cream with ketchup or brush your teeth with mustard?”



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.