



North Central Edmonton Family Resource Network

● September 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



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

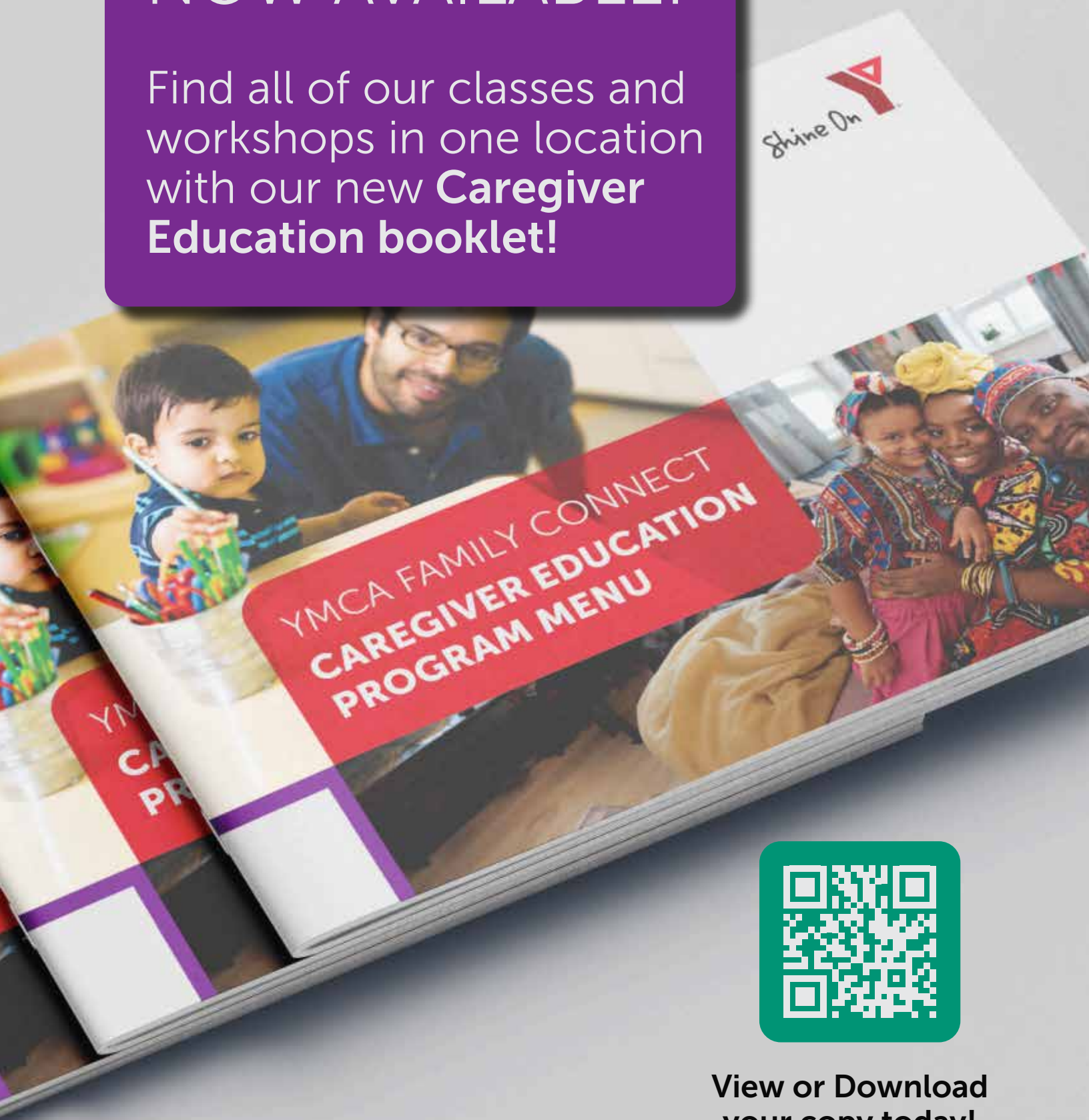
In 1984, KARA Family Resource Centre was formed by a group of representatives from 16 community organizations seeking a way for community members to provide positive support and resources for families. KARA effectively opened its doors January 1st, 1985, and has been offering parenting programs, services 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!

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:

 Alberta



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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.

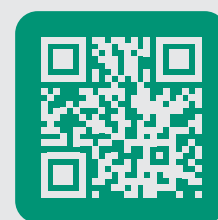
Caregiver Education also offers the Caregiver Resiliency Series, a collection of one-session workshops created to support caregivers through the challenges of everyday life. These workshops provide practical tools, strategies and encouragement on topics such as anger management, anxiety, authentic living, 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!



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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.

Hullabaloo is coming!



North Central Edmonton FRN is hosting

HULLABALOO at the HUB

Saturday, October 3 | 1–5pm

A fun and informative day for families and caregivers who have children under the age of 18.

For table bookings, or more details, visit us at ymcanab.ca/frn



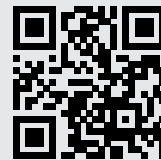
What's Happening at the YMCA?

Fall programs for children and youth at the Y



This fall, kids can make new friends, stay active, and discover something new at the Castle Downs Family YMCA. New this season: E-sports! We've expanded this program beyond summer camp to bring it to you all year round! From sports and science to art, dance and e-sports, there's a program for every interest. Register today at your local Edmonton YMCA and sign up for fun!

PD Day Camps are back!



School break camps are offered during most one-day and week-long school breaks, like winter break. These day camps are offered for 6–12-year-olds with select locations offering pre- and post-care from 7:30am–8:30am and 4:00pm–5:00pm.

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.

A photograph of two young children in a classroom. The child on the left is wearing a headband with a paper clip and looking towards the camera. The child on the right is also wearing a headband with a paper clip and looking slightly away. They are both smiling.

Shine On  Northern Alberta

Register now for

**School Break
Day Camps!**

ymcanab.ca/camps

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
- E-sports | 9–12yrs **NEW!**
- 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 is open now!

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.

Symphony under the Sky

September 3, 4, 5 | 7 pm daily
September 6, 7 | 2 pm daily



Hawrelak Park Heritage Amphitheater
9330 Groat Road NW, Edmonton

Bob Bernhardt will be back as we celebrate his 20th year with two impressive programs from September 3–6. You'll experience one of classical music's greatest masterpieces with Beethoven's Fifth, and enjoy concert of favourites from the silver screen with Hollywood at Hawrelak.



Heritage Harvest Fest

Saturday, September 12, 2026
St. Albert's Historic River Lots and
Grain Elevators
4 Meadowview Drive, St. Albert



A free, family-friendly cultural event celebrating harvest time, local history, and Métis and Alberta heritage. It is held at St. Albert's historic sites, including the Historic River Lots and Grain Elevator Park.

Pumpkins After Dark

September 25–October 31
Borden Park, Edmonton



An outdoor celebration of Halloween featuring 10,000+ hand-carved Jack o lanterns. A unique immersive experience for the whole family.



Parent Corner

Recipes, advice and more...

RECIPE OF THE MONTH

Easy Crispy Baked Chicken

INGREDIENTS

- 2 cups crushed saltine crackers
- 1 teaspoon seasoned salt
- 1 pinch garlic powder, or to taste
- 6 skinless, boneless chicken breast halves
- ½ cup margarine, melted

DIRECTIONS:

Step 1: Gather all ingredients and preheat the oven to 425 degrees F (220 degrees C). Grease a large baking dish.

Step 2: Mix together crushed crackers, seasoned salt, and garlic powder in a shallow bowl.

Step 3: Dip chicken breasts into melted margarine, then press into cracker mixture until coated. Arrange chicken in the prepared baking dish.

Step 4: Bake in the preheated oven until chicken breasts are no longer pink in the center and the juices run clear, 45 to 60 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (75 degrees C).

Step 5: Serve and enjoy!



Parent Corner

Tip of the Month

Independence and Responsibility Building

1. Assign simple daily chores
2. Let children pack their own items
3. Teach time management basics
4. Encourage self-care skills
5. Allow natural consequences safely
6. Reduce unnecessary help
7. Use checklists for routines
8. Praise independence efforts
9. Teach decision-making steps
10. Gradually step back support



Parent Corner

Activity of the Month

Beach days aren't behind us yet! There's lots to do this fall at the beach

We all love a good beach game. Classics like sandcastle-building and frisbee are always part of a fun beach day. But these more unique options add a little staying power and novelty to beach days. Set up your umbrella, bring your picnic or BBQ, and settle in for the day—it's going to be a fun one!

1. Get creative with chalk

Chalk is a budget-friendly, joyful way to create on driveways and sidewalks—but it's arguably even more fun at the beach. Bring bowls, paint brushes, and a wooden mallet to crush chalk, mix it with lake water, and make chalk paint to decorate rocks and shells. This simple addition to your beach bag will have kids running back and forth to the water and using their brains and bodies to get creative.

2. Bring something unexpected, like small characters or figures

Nothing elevates sand and water play quite like the addition of well-loved toys for rich, creative play. The toys don't need to be expensive, new, or fancy. Keep it simple and check your local thrift shop or buy-and-sell site. For little ones, Rocky and his recycling truck can scoop sand and save the day, while knights and royalty can guard their sandcastle from invaders. If your kiddo needs a little break from swimming and running in the sand, these types of toys are also great for a little shade break under the umbrella.

3. Play a unique beach game, like Spikeball

This super-fun family game is great if you have older kids who are reluctant beach-goers. With rules that are a mashup of four-square and volleyball, this two-on-two game is a guaranteed way to get moving and have fun together. If a new game isn't in the budget, be sure to check your local public library for free sports equipment rentals.

4. Invest in a stand-up paddle board for kids

While this is a pricier option for beach play, an inflatable stand-up paddleboard will serve your family well for years. Stand-up paddleboarding is a fun and joyful sport, and can help kiddos develop their confidence and independence and believe in their own ability to safely steer the ship (quite literally). Ensure safety by setting firm, clear guidelines, always wearing a life jacket, and going out on the SUP with your kids while they're still learning to use it.

5. Clean up trash

It's hard not to notice when a beautiful beach is polluted with garbage or discarded, broken toys. Make it a habit to always bring garbage bags and gloves to your beach (and park) days. Teach your kids the value of our natural areas and encourage them to take the lead when it comes to caring for nature. After filling a few garbage bags, enjoy the view of a garbage-free beach and start your day feeling hopeful and positive.

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.