



HUB-A-WEEN

Friday, October 30 | 11am–2pm

North Central Edmonton Family Resource Network

● October 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

03

What's happening in
your City?

18

YMCA Family Connect
Programs

13

Parent Corner

19

What's happening
at the HUB?

15

24/7 crisis and support
contacts (back page)

22

What's happening
at your YMCA?

16

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

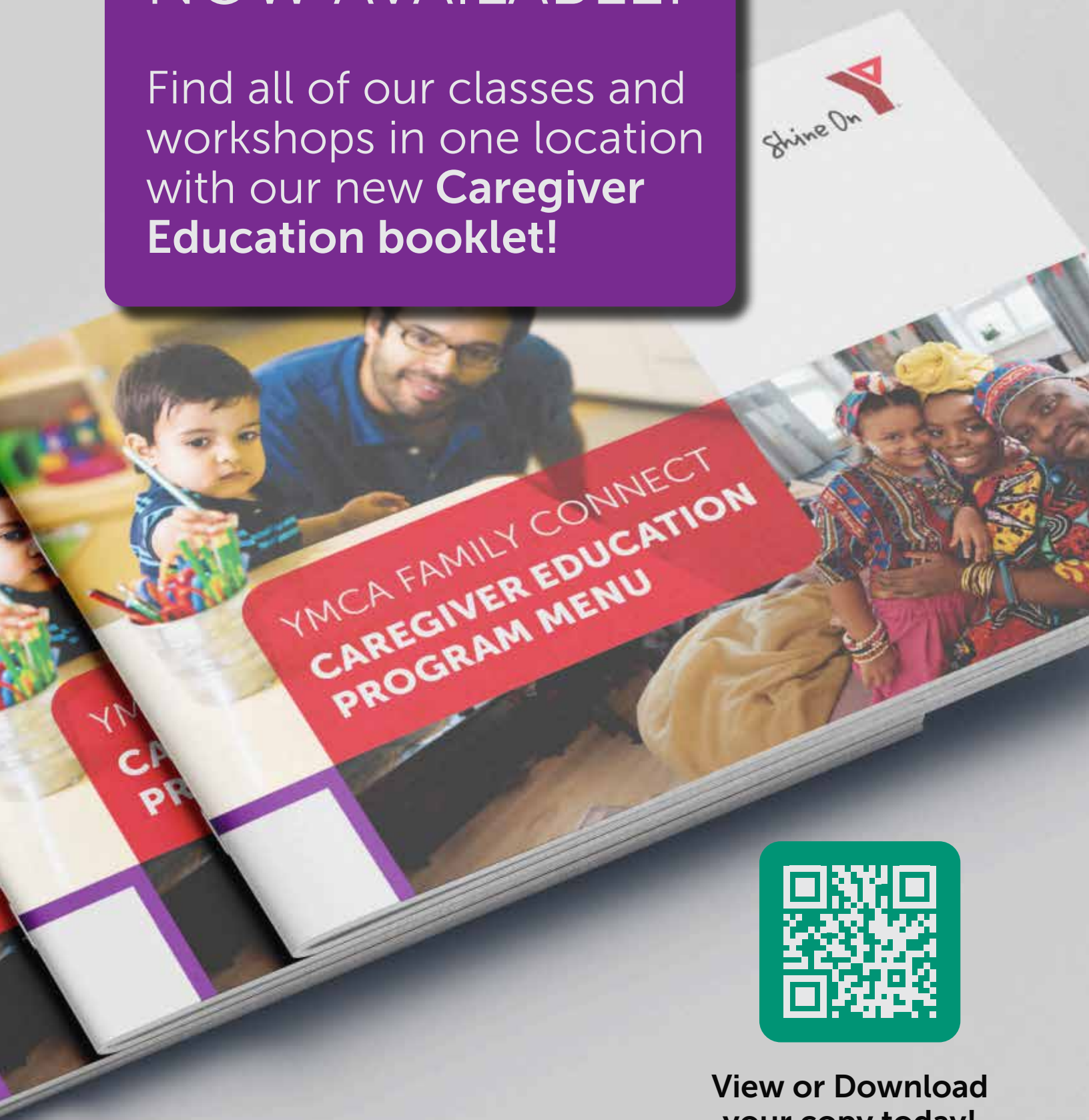
In 1984, KARA Family Resource Centre was formed by a group of representatives from 16 community organizations seeking a way for community members to provide positive support and resources for families. KARA effectively opened its doors January 1st, 1985, and has been offering parenting programs, services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



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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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.

WHERE?

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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.

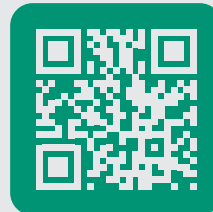
Caregiver Education also offers the Caregiver Resiliency Series, a collection of one-session workshops created to support caregivers through the challenges of everyday life. These workshops provide practical tools, strategies and encouragement on topics such as anger management, anxiety, authentic living,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

Family Connect offers 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

YMCA Family Connect Programs

Family Supports | Home Visitation | Youth Education (NEW!)

YMCA Family Connect Youth Education

YMCA Family Connect Youth Education offers a variety of free workshops and support groups designed to help youth build confidence, develop life skills, strengthen social connections, and enhance their overall well-being. Topics include financial literacy, healthy relationships, digital safety, cyberbullying awareness, wellness and resilience, and identity exploration.

The program also offers specialized support groups, including Rainbows and Spectrum, for children, youth, and young adults experiencing grief and significant life changes. These groups provide a safe, supportive environment for

participants who are coping with experiences such as divorce or separation, the death of a parent, caregiver, family member, or loved one, and other major family transitions or losses. Through small-group discussions led by trained facilitators, participants can share their experiences, develop healthy coping strategies, build resilience, and connect with peers who understand what they are going through.

These programs empower youth with the skills, knowledge, and support they need to thrive and navigate life's challenges with confidence.

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 **Monday's from 1–2:30pm**. To access this support if you are in need, please speak to a navigator by calling 780-377-3730.

NEW Satellite HUB Servies

We are bringing the North Central Edmonton Family Resource Network support directly into the community. Our **FRN Navigators can visit schools, libraries, and community agencies to provide information, referrals, and connections to programs and services that support children, youth, and families.**

To learn more or arrange Satellite HUB Services at your school, library, community or agency, please contact us at 780-377-3730 or email infohub@ymcanab.ca

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





HUB-A-WEEN PARTY

Friday, October 30 | 11am–2pm | Free

Castle Downs Family YMCA | 11510 153 Ave NW

WHAT IS HUB-A-WEEN?

Come in costume, bring your spooky spirit and enjoy a day packed with games, crafts, treats, and more! All are welcome. Hosted by the North Central Edmonton Family Resource Network, all activities are free, and planned for families with children under the age of 6.

**Please come and
show off your costumes!**

What to expect:

- Fun activities
- Halloween crafts
- Costume photo area

& much, much more!

For more info on the FRN:
ymcanab.ca/frn



Funded by:



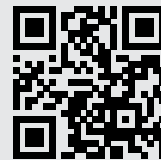
What's Happening at the YMCA?

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.

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 until 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





Shine On

Try the Y with this 3-visit pass!

Use this 3-visit pass for

- Fitness classes
- Adult sports rec drop-in
- Open gym & more!

Free parking at all locations, including heated underground parking downtown at our Don Wheaton Family YMCA.



To Redeem:

Speak to a YMCA Experience Associate or sign up online and select "3-visit general trial" for your membership level.

Limit one pass per person. New members only. Children under 8 require parental supervision. Connect with a YMCA Experience Associate or view more details online.



Sign up now ymcanab.ca/join

NORTH

Castle Downs Family YMCA

11510 153 Avenue
Edmonton, AB T5X 6A3

SOUTH

William Lutsky Family YMCA

1975 111 Street
Edmonton, AB T6J 7C6

WEST

Jamie Platz Family YMCA

7121 178 Street
Edmonton, AB T5T 5T9

DOWNTOWN

Don Wheaton Family YMCA

10211 102 Avenue
Edmonton, AB T5J 0A5

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 Corn Maze

Daily until October 25, 2026
51529 Range Rd 262,
Spruce Grove, AB



Family fun, adventure, and memories in the heart of Alberta. Corn maze, mini golf, jumping pillows, farm animals & more!



Spookfest Halloween Night Market

Saturday, October 10 from 4 PM – 9 PM
Alberta Aviation Museum, 11410 Kingsway Ave



Come shop 90+ vendors and meet live characters. Enjoy the photo booth, flash tattoos & hourly gift basket giveaways.

Join us for our second annual Halloween Night Market, a spooky evening filled with twinkly lights, costumed cuties, and 90+ curated vendors bringing all the haunted handmade goodies, treats, and treasures your dark heart could dream of.

Snap a pic at our photo booth experience, spot your fave live Halloween characters roaming the market, and stop by the flash tattoo bar if you're feeling a little extra bold.



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.



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.

"We've outgrown it" Sale

Members Only Shopping at 8am,
Public Shopping from 9am–1pm,
October 3, 2026

Alberta Aviation Museum, 11410 Kingsway Ave



For over 40 years the Edmonton Twin and Triplet Club has hosted twice a year (fall and spring) the "We've Outgrown It Sale". What began as a way for parents to exchange gently used clothing and children's items has grown into a huge success known to many parents of young children in the city of Edmonton and surrounding area. Supported 100% by volunteers this 1 day sale has something for everyone.

Beyond the Conflict: Online Support Group

Thursdays, 7–8pm | online

Beyond the Conflict is an educational and peer support group where individuals experiencing high conflict in relationships come together to share, learn, and grow.



TERRA PRESENTS

BUMP BUDDIES

Where Little Bumps
Meet Big Support
Prenatal Group

Terra West: 10320 146 St NW,
Edmonton, AB T5N 3A2

September 15th, 22nd, 29th
October 6th, 13th, 20th
5PM - 7:30PM

Childminding available,
dinner included

Bump Buddies Where Little Bumps
Meet Big Support Sign Up!!!



Parent Corner

Recipes, advice and more...

RECIPE OF THE MONTH

Shrimp and Peanut Butter Noodles

INGREDIENTS

- ¼ cup peanut butter
- 2 tablespoons light soy sauce
- 2 tablespoons Chinese black vinegar
- 2 tablespoons white sugar
- 1 tablespoon sesame oil
- 10 ounces dried Japanese udon noodles
- 20 uncooked large shrimp - peeled, deveined, tails left intact
- 1 cup broccoli florets
- ¼ cup chopped roasted peanuts (Optional)

DIRECTIONS:

Step 1: Mix together peanut butter, soy sauce, black vinegar, sugar, and sesame oil in a small bowl until sauce is well combined. Set aside.

Step 2: Bring a large pot of water to a boil. Stir in udon noodles and cook for 5 minutes. Add shrimp to the pot of boiling noodles and cook until shrimp are pink and opaque, about 3 minutes. Turn the heat off and leave the pot on the burner. Stir in broccoli; cover and let sit for 2 to 3 minutes.

Step 3: Drain noodle mixture and transfer to a large serving bowl. Pour sauce on top; stir to coat evenly. Garnish with peanuts to serve.

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

Behaviour Support & Consistency

1. Set clear expectations
2. Be consistent with consequences
3. Focus on teaching, not punishment
4. Use short, simple rules
5. Follow through every time
6. Reinforce positive behaviour often
7. Avoid mixed messages
8. Track behaviour patterns
9. Use calm, firm tone
10. Repair after conflicts



Parent Corner

Activity of the Month

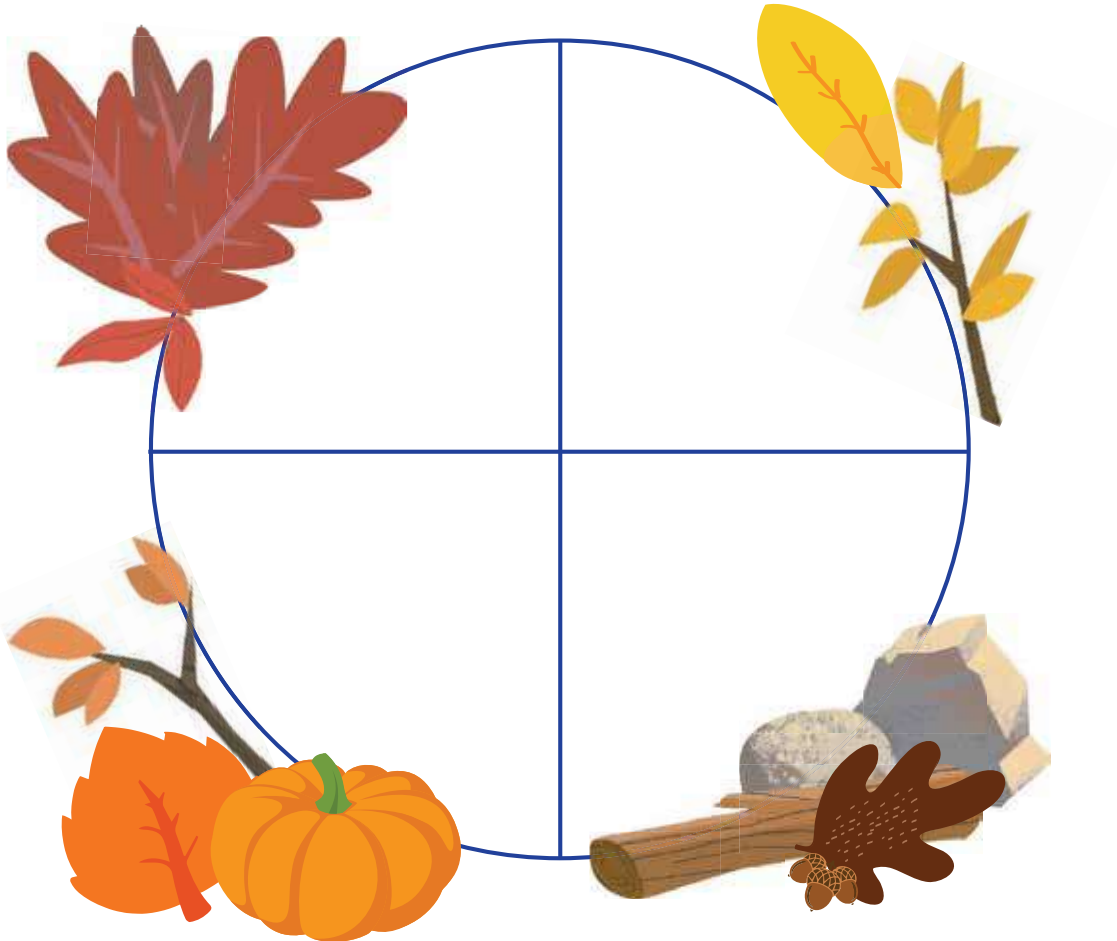


Fall Color Wheel

pbskids.org



Fall leaves come in many shades of red, orange, yellow, and brown. Together with your child, take a walk around your neighborhood to find hay, acorns, decorative pumpkins and fall leaves that match the colors in this fall color wheel. Draw what you find on the color chart, or if the leaf is already loose from its tree, you can gently tape it to the chart.



For more printables, go to pbskidsforparents.org



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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.