

North Central Edmonton Family Resource Network

- November 2026

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

Closed
November 11, 2026

Shine On Northern Alberta

KARA FAMILY RESOURCE CENTRE

CREATING HOPE SOCIETY

bgc Big Brothers Big Sisters
BGCBigs.ca
Edmonton & Area

Funded by:
Alberta

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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

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.

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

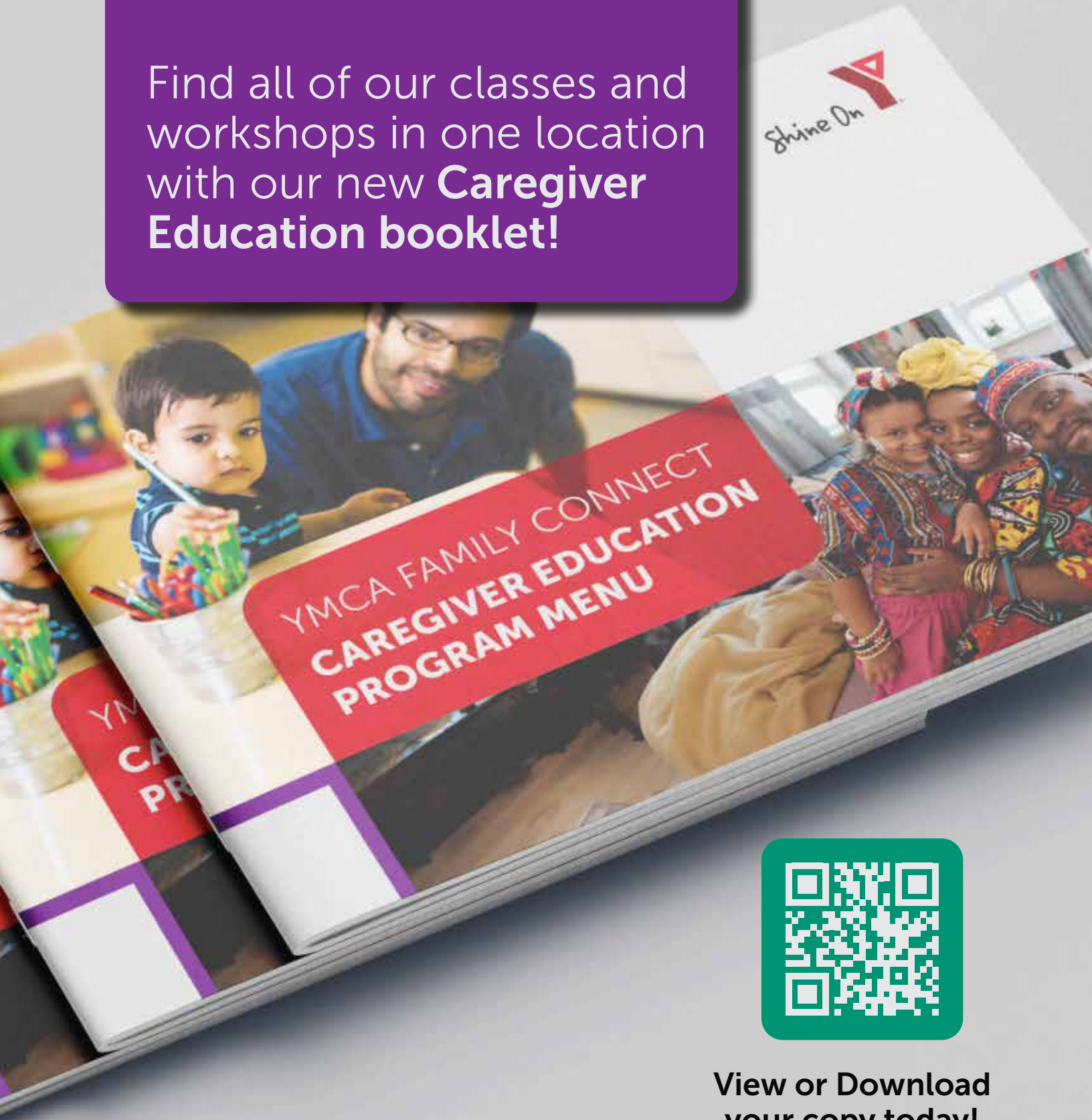
In 1984, KARA Family Resource Centre was formed by a group of representatives from 16 community organizations seeking a way for community members to provide positive support and resources for families. KARA effectively opened its doors January 1st, 1985, and has been offering parenting programs, services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

Sessions are **FREE** and offered regularly

To register visit
ymcanab.ca/familyworkshops

** Proud Partner of the North Central Edmonton Family Resource Network (HUB)*

YMCA of Northern Alberta
Family Connect

Funded by: Alberta

For more information, **contact a navigator**

P. 780-377-3730
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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YMCA Family Connect
Programs

YMCA Caregiver Education

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



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.



HOLIDAYS at the HUB

December 21–23 & 29–31

Come join the fun!
Free, family-friendly activities throughout the holiday season.

Register online at **ymcanab.ca/frn**

Holidays at the HUB—Family Activity Calendar

Monday, Dec 21st	Tuesday, Dec 22nd	Wednesday, Dec 23rd	Thursday, Dec 24th	Friday, Dec 25th
Gingerbread House Building **1–3pm** **One gingerbread house per household*	**BINGO** **1–3pm**	**Diamond Art** **1–3pm**	*No programming today*	**CLOSED** 

Monday, Dec 28th	Tuesday, Dec 29th	Wednesday, Dec 30th	Thursday, Dec 31st	Friday, Jan 1st
No programming today	**Snowman Mandala Dot Art** **1–3pm**	**Minute to Win it** **1–3pm**	**Rock into the New Year** **1–3pm**	**CLOSED** 

Please REGISTER in advance!

All events are FREE, but space is limited.
Please scan the code and register in advance or visit us at **ymcanab.ca/FRN**

Shine On Northern Alberta

KARA

CREATING HOPE SOCIETY

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Edmonton & Area

Funded by: Alberta

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 expaned 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.



It's a

WINTER Wonderland

at the YMCA

Saturday, December 6 | 1–4pm

This event is absolutely FREE to attend.

Enjoy an annual dose of seasonal YMCA magic while you get creative at one of our winter-themed craft stations, play games and enjoy a cup of hot chocolate with a tasty snack. Bring the whole family!

Scan to **register** in advance

Northern Alberta

Shine On

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

Shine On

Registration is open now!

Learn more at ymcanab.ca/**register**



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.

Farmfair International

Nov 5–8, 2026
Edmonton Expo Centre

Farmfair International is a free, family-friendly four-day agriculture event at the Edmonton EXPO Centre. Families can see Alberta's largest beef cattle show, livestock competitions, chick hatchings, guided barn tours, rabbit shows, hands-on agriculture games, and Fitset Ninja challenges.



All is Bright on 124 Street

November 13–15, 2026
Main celebration runs 4–8pm

All is Bright is a free winter celebration on 124 Street. Families can enjoy a countdown light-up ceremony, live music, ice carving, roaming performers, fire pits, and a beverage garden with mulled wine. Shops and restaurants stay open late, and the illuminated window displays remain up for a week afterward. Dress warmly and arrive early.

St Albert Snowflake Festival

November 27th 5:30-9:00 PM
Perron Street, St. Thomas Street,
St. Albert Place, & St. Albert Seniors Centre
Sleigh & wagon rides, petting zoo, photos with Santa, carolers, a mini 'train' ride and so much more to kick off your holiday season!





ALL IS BRIGHT
WINTER FESTIVAL

All is Bright Winter Festival

Friday, November 13, 2026 - Saturday, November 14, 2026

124 Street & Area;
Where Winter Shines Bright



Wait... you have twins too?!

EDMONTON TWIN AND TRIPLET CLUB

We know the feeling.

Finding your people makes raising multiples a whole lot easier.



MEET
other multiples families

GET ACCESS
to resources, information & support

JOIN
family-friendly events & activities

BE PART OF
a community that understands

BUY, SELL & SWAP
multiples gear and more

JOIN THE
EDMONTON
Twin & Triplet Club

Supporting Edmonton-area families of twins, triplets & higher-order multiples.

Scan to join!

edmontontwinandtripletclub

Edmonton Twin and Triplet Club

ettc.ca

WorkReady Alberta | Building Confidence, Careers & Workplace Inclusion

People Skills Brighter Futures.

WORKSHOP 3

Standing Out With Confidence

Resumes, Interviews & Navigating Hiring Bias

Practical strategies. Real conversations. Greater opportunities.



FREE WORKSHOP
ALL ARE WELCOME!

Saturday, November 14, 2026
1:30 PM – 4:30 PM (MST)

Civic Employees Fund Room 1
Main Floor, Stanley Milner Library (Downtown)
7 Sir Winston Churchill Square
Centennial Plaza
Edmonton, AB T5J 2V4

Open to everyone!
Newcomers, internationally trained professionals, job seekers, career changers and anyone who wants to strengthen their résumé and interview skills.

All are welcome!

IN THIS WORKSHOP, YOU'LL LEARN HOW TO:

- Create a stronger, job-ready résumé
- Prepare for interviews with confidence
- Recognize and respond to hiring bias
- Learn practical tips, tools and real-life examples
- Practice and build your skills in a supportive environment

PLUS

- Discover how to use AI to strengthen your résumé (ethically and effectively)

MEET YOUR WORKSHOP TEAM



Maria Drueco
Facilitator
Author | Human Sustainability Strategist | BelongInclusivity
Advancing inclusive workplaces where everyone belongs.



Avril Maina
Guest Facilitator
Résumé & Interview Skills
Bringing practical employer and interview expertise.



Czarina Concepcion
Guest Participant
Live Interview Simulation
Sharing her experience to help you learn and grow with confidence.

> *"Same talent. More opportunity. Let's build a more inclusive workforce together."*
>
> – *WorkReady Alberta*

Skills today. A more inclusive tomorrow.

REGISTER NOW >

Spots are limited!

BelongInclusivity
PEOPLE. POTENTIAL. PROGRESS.

Funded by the Government of Alberta | Alberta

Parent Corner

Recipes, advice and more...



RECIPE OF THE MONTH

One Pot Chicken and Rice

INGREDIENTS

- 2 tsp paprika
- 1 tsp dried oregano
- 1 tsp dried thyme
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt
- ¼ tsp pepper
- 1.25 lbs boneless, skinless chicken thighs
- 2 Tbsp cooking oil
- 1 yellow onion, diced
- 1 cup longgrain white rice (uncooked)
- 1.75 cups vegetable broth
- Optional: parsley for garnish

DIRECTIONS:

1. Mix all spices and rub onto chicken thighs.
2. Heat 1 Tbsp oil in a deep skillet, brown chicken on both sides. Remove and set aside.
3. Add remaining oil and onion, sauté until soft.
4. Stir in rice, toast for 1–2 minutes.
5. Add broth, stir, then place chicken on top.
6. Cover, bring to a boil, then reduce to simmer for 20 minutes.
7. Turn off heat, let rest covered for 5 more minutes.
8. Fluff rice, garnish if desired, and serve.

Parent Corner
Tip of the Month

Gratitude and Family Focus

- Start a family gratitude ritual
- Donate clothes or toys together before holidays
- Learn about and celebrate different cultural traditions
- Keep meals balanced with healthy options among treats
- Let kids help plan holiday menus and crafts
- Stick to regular sleep even during school breaks
- Discuss feelings around family gatherings or changes
- Prioritize time together over busyness
- Practice table manners before big family meals
- Be aware of seasonal mood changes in kids



Parent Corner
Activity of the Month

Relay Race Math Challenge

A child is behind a chalk line in a starting position and ready to start a relay race.

Three ... two ... one ... GO! Can you race like an Olympian? Try out this simple family relay race activity, which will get your child moving, as well as collecting, graphing and comparing data. You can also make it as simple or difficult as needed, depending on your kids' ages.

Materials

- Empty paper towel roll
- Scissors
- Tape
- Materials to decorate the baton (e.g. tin foil, gift wrap paper, stickers, pom poms, colorful tinsel paper, etc.)
- Chalk or a piece of paper and something to write with
- Clock or stopwatch to keep track of time

Directions

1. Ask your child to decorate the baton. Cut tin foil or wrapping paper and wrap it around the hollow paper towel roll and tape in place. Decorate with stickers, pom poms, or colorful tinsel paper.

2. Explain to your child that you are going to create a bar graph to help keep track of the results of the relay race. You can draw the bar graph on a piece of paper or on cement using chalk. Along the horizontal line, write the name of each relay team member. Along the vertical line, write time increments by minutes (1 minute, 2 minutes, 3 minutes, etc.).

3. Whether on a track, open field, or sidewalk, mark your race track. Draw start lines for each racer in the relay and designate a parent or older sibling as the timekeeper.

4. Take your marks. Ready, set, GO! Remember to pass off the baton to the next runner on your team. Try not to drop the baton!

5. Record your times on your graph using chalk to draw bars over the team names.

6. Review the findings on your bar graph with your child.

You can ask your child:

"What does the bar graph show?"
"How can the bar graph tell us who won the race?"
"Who was the fastest runner and what was their time?"
"Who was the slowest runner and what was their time?"
"Does a smaller time mean a faster time?"
"Does a bigger time mean a slower time?"
"How much faster would the slowest runner need to improve to beat the fastest runner's time?"

Learn more online at PBSKids.org

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.