



**St. Albert Family
Resource Centre**
GROWING STRONG TOGETHER

Winter 2025

January to April Program Guide

**STRONG, EMPOWERED FAMILIES | THRIVING, HAPPY CHILDREN
MEANINGFUL COMMUNITY CONNECTIONS**

10A-215 Carnegie Drive, St. Albert, AB T8N 5B1

780-459-7377

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let it snow

Find us on:



Or:

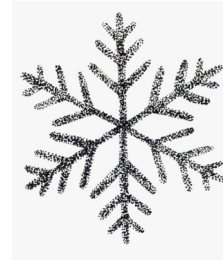
10A, 215 Carnegie Drive, St. Albert, Alberta T8N 5B1
780-459-7377 | www.stalbertfrc.ca

Register online @www.stalbertfrc.ca

NO PROGRAMMING JANUARY 6th to 10th, 2025

**Get your Family Membership for *only* \$10/family
Membership valid until December 31st, 2025**

**Did you know that we offer outreach programming in
schools and daycares? Please contact Tanya Scott for
more information at 780-459-7377 ext. 228 or
progmanager@stalbertfrc.ca**



ONLINE registration opens

December 4th, 2024

12:00 Noon!

Please register early as classes fill up quickly!

www.stalbertfrc.ca

Early Childhood Parented Programs

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

PLAYTIME (Ages 0 to 5 years) Drop-In Program

This is a great opportunity for parents, caregivers, or grandparents to come and enjoy our Early Learning Centre and engage in UNPLUGGED play with their children. The ELC room offers a comfortable and secure play environment that promotes children's growth and development. Embrace this time to make meaningful connections with your child and others!

Date: Mondays (starting January 13th)

Time: 9:30am - 11:30am

Fee: FREE

Facilitators: Miss Shay & Miss Sabrina

NO CLASS FEBRUARY 17th, 2025

NO CLASS APRIL 18th, 2025

NO CLASS APRIL 21st, 2025

Date: Fridays (starting January 17th)

Time: 9:30am - 11:30am

Fee: FREE



WHIMSICAL WONDERLAND (Ages 0 to 18 months)

Come join us while we bring the fairytale winter to our classroom! Your babies will explore sparkles, reflections and all the winter inspired crafts & sensory activities!

Date: Tuesdays, January 14th to January 28th, 2025; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Shay

WINTER WIGGLES AND GIGGLES (Ages 18 months to 3 years)

Are you ready to have fun with your little one and get their wiggles and giggles out? In this class we can beat the doldrums of winter through songs, dance and artistic exploration. There is bound to be some giggles in there as well!

Dates: Tuesdays, January 14th to January 28th, 2025; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Sabrina

ONLINE Registration Opens at 12:00pm December 4th, 2024

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Early Childhood Parented Programs

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MUGS & HUGS (Ages 2.5 to 5 years)

Come in and enjoy some quality time with your child, which will include crafts, songs, games and more. Not only will you participate and cuddle with your child, you will also enjoy time socializing with others. Indulge in a “mug” of something warm and you never know...you might even make a friend or two!

Date: Thursdays, January 16th and January 23rd, 2025; 2 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Tanya



LOVE & LULLABIES (Ages 0 to 18 months)

Join us for a class of making friendships, choosing kindness, soothing lullabies, and making keepsakes for our loved ones!

Date: Tuesdays, February 11th to February 25th, 2025; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Shay

LITTLE LOVE BUGS (Ages 18 months to 3 years)

Grab your lovebug and head into an exploration of bugs both big and small. Through songs, dance, crafts and fingerplay you and your child will enjoy all this program has to offer!

Dates: Tuesdays, February 11th to February 25th, 2025; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Sabrina



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Early Childhood Parented Programs

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DIY WITH YOU & I (Ages 3 to 5 years)

Join us for this fun and affordable DIY class. Create a variety of unique projects to take home or gift. You and your little one will be given the opportunity to explore and enhance your artistic talents while creating your own unique masterpieces. Take home the memories with the keepsakes you have made together. *Due to the intensity and hands-on nature of this program, if attending with more than one child, we require that each individual child be accompanied by an adult. * **PLEASE SIGN UP FOR ONE DATE ONLY!***

Dates: Thursdays, February 13th, or 20th, or 27th, 2025; individual sessions
Time: 10:00am - 11:00am
Fee: FREE
Facilitator: Miss Natasha

TINY TOES FIESTA (Ages 0 to 18 months)

No matter your little one's development stages, this class will have them moving & grooving through activities & music!

Date: Tuesdays, March 11th and March 18th, 2025; 2 sessions
Time: 10:00am - 11:00am
Fee: FREE
Facilitator: Miss Shay

TODDLER ROCK (Ages 18 months to 3 years)

Wiggling, singing and laughing with your child is so much fun! This parented three week music class is designed to meet the developmental needs of your toddler through interaction with parents and caregivers. Come explore music through instruments, finger play and many more activities that will have you singing and dancing all day long!

Dates: Tuesdays, March 11th to March 25th, 2025; 3 sessions
Time: 10:00am - 11:00am
Fee: FREE
Facilitator: Miss Sabrina

ONLINE Registration Opens at 12:00pm December 4th, 2024

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Early Childhood Parented Programs

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OODLES OF FUN (Ages 2.5 to 5 years)

Come and explore the world of fun with Ms. Tanya! This parented class will keep you and your child laughing and learning as you engage in theme-based sensory play, stories, arts, crafts, and more!

Dates: Thursdays, March 13th and March 20th, 2025; 2 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Tanya



PITTER PATTER PLAYDATE (Ages 0 to 18 months)

April showers bring May flowers! Come join us for a rainy day play date inside. We will be exploring the spring season and weather through sensory, songs and crafts.

Date: Tuesdays, April 8th and April 15rd, 2025; 2 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Shay

SMILING SUNFLOWERS (Ages 18 months to 3 years)

Join us in this spring garden bonanza as we delve deeper into plants, flowers and how they grow. Through stories, crafts and more, this program will have your little one smiling as they follow along!

Dates: Tuesdays, April 8th to April 22nd, 2025; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Sabrina



ONLINE Registration Opens at 12:00pm December 4th, 2024

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Early Childhood Parented Programs

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LITTLE CHEFS (Ages 3 to 5 years)

Have you ever wondered what kinds of dishes your child could make in the kitchen with a little help? Discover a variety of enjoyable kid friendly cooking activities & recipes in this highly interactive session for you and your little one. The many talents of your "Little Helper" may surprise you! *Due to the intensity and hands-on nature of this program, if attending with more than one child, we require that each individual child be accompanied by an adult. * **PLEASE SIGN UP FOR ONE DATE ONLY!***

Date: Thursdays, April 10th, or 17th, or 24th, 2025; individual sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Allie



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Virtual Early Childhood Parented Programs

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

VIRTUAL SNOW MUCH FUN (Ages 3 to 4 years)

Wrap up in a blanket and slippers, staying cozy and warm at home while we explore the winter fun through songs and activities!

Dates: Mondays, January 13th to January 27th, 2025; 3 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Shay



VIRTUAL WONDERS OF WINTER (Ages 4 to 6 years)

This class will encourage your child to fall in love with our chilliest season by learning all about snow and the life cycle of snowflakes, along with the adaptable arctic animals that thrive throughout. The wonders of winter can be so magical, come explore through stories, crafts, games and more!

Dates: Thursdays, January 16th to January 30th, 2025; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Natasha

VIRTUAL LITTLE SWEETHEARTS (Ages 3 to 4 years)

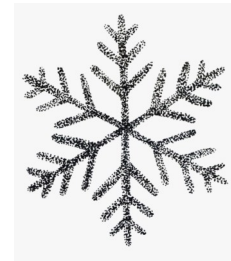
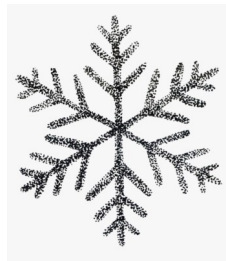
Come join us while we learn about friendship & kindness. Through songs, stories, arts and crafts we will begin to open the door of discussion about meaningful people in your little ones life. We may even end up with a couple of special keepsakes for our family and friends!

Dates: Mondays, February 10th and February 24th, 2025; 2 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Shay



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Virtual Early Childhood Parented Programs

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VIRTUAL FASCINATING FAIRY-TALES (Ages 4 to 6 years)

Let's enter a magical world together! Using our imagination, we will explore through stories, crafts and more, all the wonders of fairy-tales. "Imagination will often carry us to worlds that never were, but without it we go nowhere". - Carl Sagan

Dates: Thursdays, February 13th to February 27th, 2025; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Tanya



VIRTUAL SMITTEN MITTENS (Ages 3 to 4 years)

When the weather outside is frightful, cuddle into this cozy class to explore and create with your little one. We'll listen to stories, explore with all 5 senses and spend time with the ones we love.

Dates: Mondays, March 10th to March 24th, 2025; 3 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Sabrina

VIRTUAL COZY CLOVERS (Ages 4 to 6 years)

"Four leaf clovers are lucky they say, so I'm sharing and sending some good luck your way". This virtual class will encourage your child to explore the wonders of St. Patrick's Day, all while staying warm and cozy at home. From shamrocks to rainbows and big pots of gold, your little may even catch their very own leprechaun!

Dates: Thursdays, March 13th and March 20th, 2025; 2 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Allie



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Virtual Early Childhood Parented Programs

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VIRTUAL MUSICAL MELODIES (Ages 3 to 4 years)

Snuggle your mini musician and get ready to enjoy the musical melodies we will create together within the comfort of your home. Through songs and movement we will engage in musical wonders!

Dates: Mondays, April 7th and April 14th, 2025; 2 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Sabrina

VIRTUAL BACKYARD BUGS (Ages 4 to 6 years)

Calling all bug lovers! Through stories, crafts and more we will discover how important bugs are and what they bring to our world. *If nothing ever changed, there would be no such thing as butterflies. ~ Unknown*

Dates: Thursdays, April 10th to April 24th, 2025; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Tanya

MAKING MEMORIES
together

ONLINE Registration Opens at 12:00pm December 4th, 2024

Please register early as classes fill up quickly!

Early Childhood Un-Parented Programs

Please send a nut-free snack and a change of clothes for all un-parented programs!

ALL ABOUT... (Ages 3 to 5 years)

Join us each week for an exciting theme day, designed to provide preschool aged children with a fun-filled playtime that incorporates a wide variety of age appropriate activities. Each session will focus on one theme, which will be explored through activities such as dramatic play, art, science, literature, group time, gross motor, and fine motor activities.

Please note: You may register for two weeks per month so all of our families have a chance to get in. Place your name on our waiting list to contact if spaces become available

Date: Tuesdays
Time: 1:30pm - 3:30pm
Fee: FREE
Facilitators: Miss Shay & Miss Sabrina

WEEKLY THEMES:

JANUARY

Warm Up in Snowy Land

14th Blanket Fort Bash
21st Glisten & Glitter
28th Sweater Weather

FEBRUARY

Feelings, Family & Friends

4th Friendship Soup
11th Love & Kindness
18^h Learning Emotions
25th Acts of Kindness

MARCH

Stem Squad

4th Mad Scientists
11th Outer Space & Gravity
18th Loose Parts
25th Messy Play

APRIL

Hello Spring

1st April Showers
8th Plant the Tiny Seed
15th Grow With Me
22nd A Kinder Planet
29th Let's Bee Friends

Early Childhood Requirements:

•Children attending Discover & Learn, must be in the process of being potty-trained, and must wear a pull-up style diaper (unless fully trained), due to sanitation concerns. Our staff will still encourage children to use the washroom. If you require any tips and strategies to accelerate the toilet training milestone, our family support team will be happy to assist you.

•Children 3 and over, who are registering for any other un-parented program, must be toilet- trained.

Early Childhood Un-Parented Programs

Please send a nut-free snack and a change of clothes for all un-parented programs!

DISCOVER & LEARN (Ages 2.5 to 5 years)

During Discover and Learn, children will be engaged in planned activities along with free play using our learn-through-play philosophy. Children will explore science, literacy, problem solving, socializing and much more.

Please note: You may register for two weeks per month so all of our families have a chance to get in. Place your name on our waiting list to contact if spaces become available

Date: Thursdays
Time: 9:30am - 11:30am
Fee: FREE
Facilitators: Miss Shay & Miss Sabrina

WEEKLY THEMES:

JANUARY

Warm Up in Snowy Land

16th Smitten Mittens

23rd Snowflakes

30th Snowmen at Night

FEBRUARY

Feelings, Family & Friends

6th Bucket Fillers

13th Valentine's Day

20th Family Tree

27th Colour Monster

MARCH

Stem Squad

6th Wacky Weather

13th Sensory Explorations

20th Exciting Engineers

27th Artistic Adventures

APRIL

Hello Spring

3rd Plant Life Cycles

10th Tap the Magic Tree

17th Earth Day

24th Going Buggy

Early Childhood Requirements:

•Children attending Discover & Learn, must be in the process of being potty-trained, and must wear a pull-up style diaper (unless fully trained), due to sanitation concerns. Our staff will still encourage children to use the washroom. If you require any tips and strategies to accelerate the toilet training milestone, our family support team will be happy to assist you.

•Children 3 and over, who are registering for any other un-parented program, must be toilet- trained.

Early Childhood Un-Parented Programs

Please send a nut-free snack and a change of clothes for all un-parented programs!

FUNTASTIC FRIDAYS (Ages 3 to 6 years)

End the week with a mixed bag of fun! Join us for an exciting theme filled morning where we use our imaginations and explore through age appropriate activities. Join us for one class, or register for all of them!

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Tanya

Dates & Themes:

January 17th, 2025; "Snowman Wonders"

January 31st, 2025; "Playful Penguins"

February 14th, 2025; "Imagination Station"

February 28th, 2025; "Dinosaur Discoveries"

March 14th, 2025; "How to Catch a Leprechaun"

March 28th, 2025; "Rainbow of Emotions"

April 11th, 2025; "Journey With Eric Carle"

April 25th, 2025; "Little Green Thumb"

OH,
Friday
LET ME
hug you

Children must be fully potty-trained to attend any un-parented programs other than Discover & Learn.

Early Childhood Un-Parented Programs

Please send a nut-free snack and a change of clothes for all un-parented programs!

ALPHABET SOUP (Ages 4 to 6 years)

Learning opportunities are all around us! Join us as we demonstrate fun and interactive ways for you to enhance your little ones literacy skills. These activities will not just teach the alphabet but make learning letters a memorable and engaging experience.

Date: Mondays, January 13th to January 27th, 2025; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Natasha

ONCE UPON A TIME (Ages 3 to 5 years)

Open up your child's imagination with a variety of engaging activities inspired by classic fairy tales like Cinderella and the Three Little Pigs. Within this class, your child will explore these timeless stories through games, dramatic play, music, crafts and much more.

Date: Tuesdays, January 14th to January 28th, 2025; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Natasha

POPPIN PENGUINS (Ages 4 to 6 years)

Join us as we waddle and bop the cold away just like the penguins do in this hands-on penguin themed program that will include many activities to spark your child's creativity.

Dates: Thursdays, January 16th to January 30th, 2025; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Natasha



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Early Childhood Un-Parented Programs

Please send a nut-free snack and a change of clothes for all un-parented programs!

OH MY LLAMA (Ages 4 to 6 years)

Oh my lanta, its Llama Llama! Spark your child's emotional development through Llama's many stories written by Anna Dewdney. Your child will explore anger, sadness, sharing, bullying, sick days and so much more through audio stories, cooperative games and crafts!

Dates: Mondays, February 10th and February 24th, 2025; 2 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Natasha

FOREVER FRIENDS (Ages 3 to 5 years)

Join us as we discover the joys of friendship! Through stories, crafts and more, we will learn how kindness can make someone feel loved and special. The only way to have a friend is to be one!

Dates: Tuesdays, February 11th to 25th, 2025; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Natasha

friends ❤️

ROBOTS ROCK (Ages 4 to 6 years)

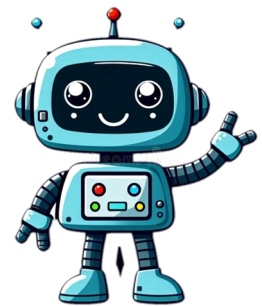
Your child will jump into the exciting world of robots with hands on experiences where they can watch their creations take shape! Whether it be through crafts, stories, games or building, your child will watch as their simple ideas come to life. They will be having so much fun they will not even realize they are learning as they go!

Date: Thursdays, February 13th to 27th, 2025; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Tanya



Children must be fully potty-trained to attend any un-parented programs other than Discover & Learn.

Early Childhood Un-Parented Programs

Please send a nut-free snack and a change of clothes for all un-parented programs!

FESTIVAL FRENZY (Ages 4 to 6 years)

Calling all Kinders! Step into a world of new experiences and traditions. Your child will experience the fun of various festivals while learning about different cultures through group games, crafts and songs. There is never a better time to start exploring!

Dates: Mondays, March 10th and March 17th, 2025; 2 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Natasha

PETE THE CAT (Ages 3 to 5 years)

Come & discover the coolest cat on the block, Pete the Cat. Your child will explore the fascination many kids have with this beloved character through craft, stories, songs, games and much more. Your child will tell you all about it because as Pete the Cat would say: It's all good!

Date: Tuesdays, March 11th and March 18th, 2025; 2 classes

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Natasha



SUNFLOWER SAVANNA (Ages 4 to 6 years)

Let's learn all about the sunflower life cycle from seeding to full bloom! We will explore through science, sensory, art and more, all the amazing facts of what makes a sunflower special. With just a little bit of soil, sun and water, we will watch our sunflowers grow big and tall as they move slowly along with the sun.

Date: Thursdays, March 13th and March 20th, 2025; 2 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Natasha



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Early Childhood Un-Parented Programs

Please send a nut-free snack and a change of clothes for all un-parented programs!

SPRING BREAK PRESCHOOL (Ages 4 to 6 years)

No need for your child to be bored during spring break! Join us for some fun where your child's imagination can come to life through crafts, songs, games and so much more! Throughout this program we will incorporate letter & number recognition as well as colours, shapes and other developmentally age appropriate activities.

Date: Tuesday to Thursday, March 25th, 26th & 27th, 2025; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitators: Miss Allie



ERIC CARLE (Ages 4 to 6 years)

Eric Carle, an American designer, illustrator and author, has blessed many with his creative stories and enticing artwork. Let your child discover for themselves just how magical his stories may be. From the Hungry Caterpillar to the Very Busy Spider, your child will explore important life lessons through creative play and crafting as well as song and dance.

Date: Mondays, April 7th and April 14th, 2025; 2 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Allie

HIP HOP INTO SPRING (Ages 3 to 5 years)

Let your inquisitive child explore the wonders of spring time in this hands-on nature themed class. As the days grow warmer and we begin to see blossoming flowers we can truly appreciate the beauty of the changing seasons. In this class your child will learn about plants and gardening as well as the transition from winter to spring through songs, games, and crafts.

Date: Tuesdays, April 8th to April 22nd, 2025; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

Children must be fully potty-trained to attend any un-parented programs other than Discover & Learn.

Early Childhood Un-Parented Programs

Please send a nut-free snack and a change of clothes for all un-parented programs!

IF I WERE A DINO (Ages 4 to 6 years)

Come explore the prehistoric world of dinosaurs! Your child will enjoy our fun facts about dinosaurs and learn about everything from the ferocious Tyrannosaurus Rex to the enormous Diplodocus. We will be walking with the dinosaurs through stories, crafts, and other activities. If you were a dinosaur, which one would you be?

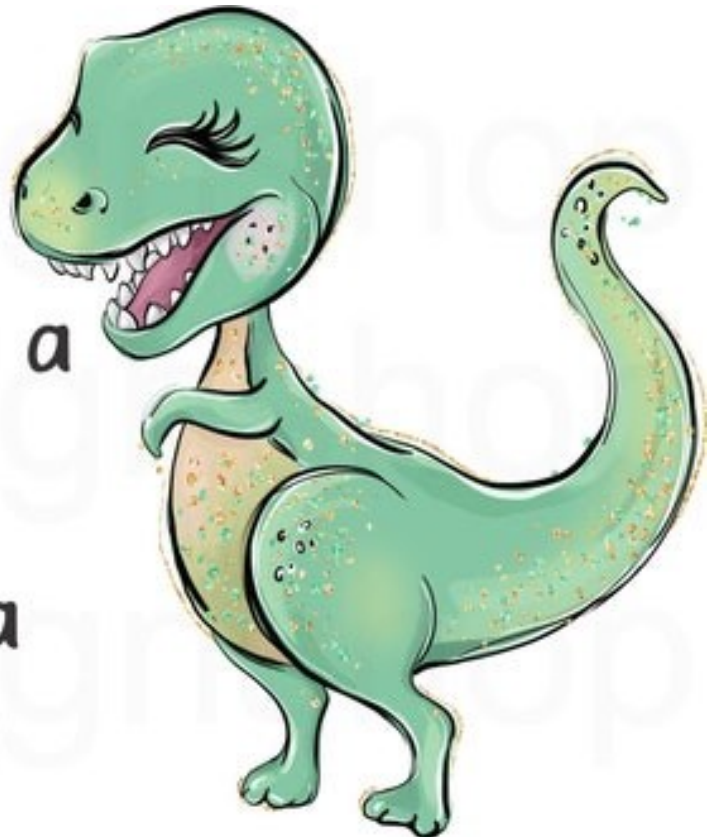
Date: Thursdays, April 10th to April 24th, 2025; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Instructor: Miss Tanya

Always be
YOURSELF
unless you can be a
DINOSAUR
then always be a
DINOSAUR!



ONLINE Registration Opens at 12:00pm December 4th, 2024

Please register early as classes fill up quickly!

Child & Youth Programs

Evenings

Please see our registration requirements on page 28 for all programs!

SNOWED IN (Ages 6 to 12 years)

Want to have some fun while escaping the chilling sub-zero temperatures? In this program imagination and silliness come alive. Children will engage in fun filled winter activities such as crafts and games. This program will enable children to express themselves while improving communication skills, building self-confidence and problem-solving skills.

Date: Wednesdays, January 15th to January 29th, 2025, 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitators: Miss Emma

CALM AND COOL KIDS (Ages 6 to 12 years)

This program encourages and promotes young children to feel good about themselves by building confidence and self-esteem. Through various hands-on activities, children will explore strategies and tools for making positive choices, understanding their feelings and positive ways to express them. The children will explore self-regulation and self-awareness to use in their everyday life.

Date: Wednesdays, February 12th to February 26th, 2025; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitators: Miss Emma

INTERIOR DESIGNERS (Ages 8 to 12 years)

Unleash your creativity in our "Design Your Space" program! Kids will dive into the world of interior design with hands-on activities like creating DIY coasters, designing virtual homes, making personalized picture frames, and more. Plus, we'll watch inspiring HGTV segments for even more design ideas! Join us for a fun and inspiring experience where imagination meets design, and let's transform ordinary items into extraordinary decor!

Date: Wednesdays, March 12th and March 19th, 2025; 2 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitators: Miss Emma

ONLINE Registration Opens at 12:00pm November 27th, 2024

Please register early as classes fill up quickly!

Child & Youth Programs

Evenings

Please see our registration requirements on page 28 for all programs!

BLAST FROM THE PAST (Ages 6 to 12 years)

Join us for this three session "Blast from the Past: Decade Nights for Kids!" program and embark on a fun-filled journey through the 60s, 80s, and early 2000s. Enjoy tie-dye T-shirt and lava lamp making on 60's Night, rock out with neon hair chalk and glow-in-the-dark bowling on 80's Night, and get creative with fortune tellers and CD painting on 2000's Night. Each evening features classic board games and Just Dance, showcasing the hits from that decade. Don't miss the chance to relive these iconic eras while making new memories!

Date: Wednesdays, April 9th to April 23th, 2025; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitators: Miss Emma

have
a
blast

ONLINE Registration Opens at 12:00pm December 4th, 2024

Please register early as classes fill up quickly!

Child & Youth Programs

PD Days

Please send a nut-free lunch, snacks and water bottle for all Child & Youth PD days

FIND YOUR FIT (Ages 6 to 12 years)

Get ready to have fun while making healthy recipes, playing exciting games, and exploring yoga and meditation. We'll learn how to take care of ourselves from the inside out, discovering the joy of staying active and eating well. It's all about having a great time while building healthy habits for life. Let's get moving and be our best selves together!

Date: Thursday, January 30th, 2025 (Catholic School PD Day); one class
Friday, January 31st, 2025 (Public School PD Day); one class

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Emma

SPRINKLED WITH LOVE (Ages 6 to 12 years)

Join us for "Sprinkled with Love," a delightful Valentine's Day program! Participants will enjoy baking Valentine's day themed treats, creating fun crafts, and making personalized Valentine cards to share with friends and family. With a mix of creativity and tasty treats, this program promises a fun-filled celebration of love and friendship!

Date: Thursday and Friday, February 6th & 7th, 2025 (Teachers Convention)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Emma

LUCK OF THE IRISH (Ages 6 to 12 years)

Let's try our luck at some Irish fun building leprechaun traps and crafting all things St. Patrick's Day! Don't forget to wear green for good luck!

Date: Friday, March 7th, 2025 (Public PD Day); one class
Friday, March 14th, 2025 (Catholic PD Day); one class

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Emma

ONLINE Registration Opens at 12:00pm December 4th, 2024

Please register early as classes fill up quickly!

Child & Youth Programs

PD Days

Please send a nut-free lunch, snacks and water bottle for all Child & Youth PD days

HOME ALONE (Ages 10 to 12 years)

Parents, have you been asking yourself if your child is ready to stay at home alone? This program offers children the opportunity to learn and practice many skills that will help them make good decisions and be more independent. Some topics to be covered include: responsibilities & safety inside the home, street smarts, rules, internet safety, boundaries & communication.

Date: Friday, March 21st, 2025 (Catholic PD Day); one class
Monday, March 31st, 2025 (Public PD Day); one class

Time: 9:30am - 3:30pm

Fee: \$30

Facilitator: Miss Emma

HOME SAFETY (Ages 8 to 9 years)

Would you like your child to have more independence and the ability to make good decisions? This program offers children the opportunity to learn and practice many skills that will help them behave responsibly when left at home with a babysitter or an older sibling. This program will touch on topics such as: responsibility and safety inside the home, street smarts, rules, internet safety, boundaries, communication, and more.

Date: Friday, March 21st, 2025 (Catholic PD Day); one class
Monday, March 31st, 2025 (Public PD Day); one class

Time: 9:30am - 12:00pm

Fee: \$15

Facilitator: Miss Allie

stay safe

ONLINE Registration Opens at 12:00pm December 4th, 2024

Please register early as classes fill up quickly!

Child & Youth Programs

PD Days

Please send a nut-free lunch, snacks and water bottle for all Child & Youth PD days

STRANGER DANGER (Ages 6 to 7 years)

Parents know that teaching their children about stranger danger is important, but many are unsure of how to approach the subject while not scaring their children at the same time. Through an interactive DVD, this course will help your child understand the how's and the why's of staying safe by providing them information about safe adults, unknown adults, the use of code words, and what to do in situations where they may encounter strangers, while still being fun and engaging.

Date: Friday, March 21st, 2025 (Catholic PD Day); one class
Monday, March 31st, 2025 (Public PD Day); one class

Time: 1:30pm - 3:30pm

Fee: \$15

Facilitator: Miss Tanya

MARCH MADNESS (Ages 6 to 12 years)

Join us as we experience new activities and themes each day through a breath of fun during spring break! From 3D Art, Pokémon, Lost Lego, to the Great FRC Bake Off and Carnival Day, your child will engage in new activities each day where they can explore hobbies, games and so much more!

Date: Monday to Friday, March 24th to March 28th, 2025; 5 days

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Emma

JURASSIC ERA (Ages 6 to 12 years)

If Paleontology is your expertise; let's join in the fun together! We will explore different dinosaur-based projects and learn about the ancestors of the dinosaurs. Through crafts, interactive games and so much more your child will love experiencing Jurassic Era!

Dates: Friday, April 11th, 2025 (Catholic PD Day); one class
Tuesday, April 22nd, 2025 (Public PD Day); one class

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Emma

ONLINE Registration Opens at 12:00pm December 4th, 2024

Teen Programs

Evenings

Please register online @www.stalbertfrc.ca

TEEN NIGHT OUT (Ages 13 to 15 years)

Join us at the St. Albert FRC for Teen night, a welcoming space for teens aged 13-15! Engage in fun activities, from arts to doing homework, while connecting with peers and receiving mentorship. Our dedicated staff support you in building confidence and friendships as you navigate your teen years. Enjoy complimentary drinks and snacks as you have the chance to connect with yourself and others. Drop in, make memories, and discover your potential!

Dates: Thursdays, January 9th, February 6th, March 6th, April 3rd, 2025;
individual sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Natasha & Katelyn



St. Albert Family
Resource Centre
GROWING STRONG TOGETHER



RIBBON SKIRT/SHIRT MAKING from KIKOSEWIN (Ages 13 to 17 years)

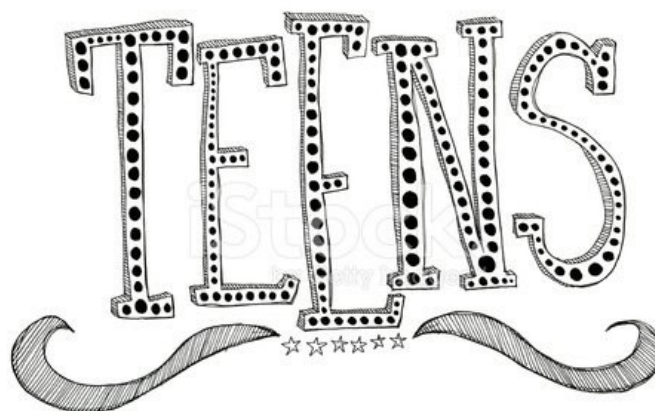
Youth ages 13-17 join us for a vibrant workshop on learning to use a sewing machine and the traditions of the ribbon skirt and shirt! Create your own skirt or shirt, share stories, and connect with others while we provide materials and food. Bring your enthusiasm and do not miss this chance to celebrate creativity and community together.

Dates: Thursdays, January 9th to February 13th, 2025; Group One
Thursdays, February 20th to March 27th, 2025; Group Two

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Katelyn



ONLINE Registration Opens at 12:00pm December 4th, 2024

Adult/Parenting Programs

IF CHILD CARE IS REQUIRED, PLEASE REGISTER FOR J4P CARE ONLINE
@WWW.STALBERTFRC.CA

JUST FOR PARENTS (Drop-In Program)

Do you have parenting questions or concerns? Are you looking for some practical strategies to help you with everyday parenting issues? Then Just for Parents is just for you!!! This weekly program provides an opportunity for parents and caregivers to connect and share their thoughts and feelings regarding parenting in a safe and supportive setting. Each week, we will lead the group through discussions on a variety of parenting topics. Please see our online calendar for weekly topics, including occasional guest speakers.

Date: Wednesdays (Starts January 15th, 2025)

Time: 9:30am - 11:30am

Fee: FREE

J4P Facilitator: Susan Tarling

J4P Care Facilitators: Miss Shay & Miss Sabrina

WEEKLY TOPICS:

<u>JANUARY</u>	<u>FEBRUARY</u>	<u>MARCH</u>	<u>APRIL</u>
15 th Guest Speaker	5 th TBA	5 th Guest Speaker	2 nd TBA
22 nd TBA	12 th Valentine's	12 th St. Patrick's	9 th Guest Speaker
29 th TBA	19 th Guest Speaker	19 th Guest Speaker	16 th Easter
	26 th TBA	26 th NO CLASS	23 rd TBA
			30 th TBA

Program Schedule:

- 9:30am - 10:00am: Parents and children play together and get settled into the Early Learning Centre.
- 10:00am - 11:00am: Parents and children under two years attend parenting portion outlined above.
- 10:00am - 11:00am: Children 2 years & over remain in the Early Learning Centre and have an opportunity to develop the skills required to successfully play away from parents.
- 11:00am—11:30am: Parents rejoin their children and enjoy a small snack and circle time together.

Adult/Parenting Programs

PLEASE NOTE WE HAVE ALL ABOUT RUNNING AT THE SAME TIME
IF YOU NEED CHILDCARE

THE POWER OF POSITIVE PARENTING

Please come and join in on a presentation and discussion on what positive parenting is, as well as exploring key aspects in supporting your child's development using a balanced and realistic approach!

Date: Tuesday, February 11th, 2025; individual session

Time: 1:30pm-3:30pm

Fee: FREE

Facilitator: Terri Skinner

KIDS HAVE STRESS TOO

We cannot always protect our children from the future but we can build our children to have the ability to manage stress and cope with whatever the future holds. This course talks about stressors, the signs and symptoms of stress and how to manage stress. This course covers, how we as parents, can teach and support our kids in a way which helps them to be resilient. It demonstrates practical strategies to give our kids tools for their tool box of good mental health and well being.

Date: Tuesday, April 8th, 2025; individual session

Time: 1:30pm-3:30pm

Fee: FREE

Facilitator: Maryann DaSilva

The word "Parenting" is written in a large, elegant, black cursive font, centered on the page.

Parent Coach

Questions or concerns about parenting? Our Parent Coach is available to meet with families and provide assistance on a short-term basis. Accessing the Parent Coach can be as easy as making a phone call, meeting face-to-face or connecting through social media. This free program is open to all families.

Registration Information

- Online registration opens at 12:00pm on December 4th, 2024, @ www.stalbertfrc.ca
- Participants must meet the program requirements to register.

PLEASE TAKE NOTE OF AGE REQUIREMENTS WHEN REGISTERING. PLEASE NOTE WHEN RESERVING TICKETS FOR PARENTED PROGRAMS YOU WILL ONLY INPUT YOUR CHILD/RENS NAMES. ALL PARENTED PROGRAMS REQUIRE A PARENT TO ATTEND WITH A CHILD. ERRORS IN REGISTRATION MAY IMPACT YOUR ABILITY TO ATTEND THE PROGRAM

Early Childhood program requirements *including toilet training policies*

The following requirements are in place for health and safety reasons:

- Children 3 and over, who are registering for an un-parented program, must be potty-trained.
- Children attending Discover & Learn, must be in the process of being potty-trained, and must wear a pull-up or diaper, due to sanitation concerns. Our staff will still encourage children to use the washroom. If you require any tips and strategies to accelerate the toilet training milestone, our family support team will be happy to assist you.
- Parents are strongly encouraged to participate in our parented programs prior to registering their child for an un-parented program.

Cancellation Policy**

- Please notify us a minimum of five working days prior to our program start date so we are able to offer registration to the next person on the wait list.

WELLNESS CHECKLIST INFORMATION

Please note that all children and parents attending programs will be required to review a daily WELLNESS checklist before coming in to the centre. This link will be sent out before each program starts.

St. Albert FRC reserves the right to combine, postpone or cancel classes due to insufficient registration. Course cancellations may occur due to reasons beyond our control.

Office Hours:

Monday to Friday

9:00am to 12:00pm & 1:00pm to 4:30pm

Please note: We are closed for lunch between 12:00pm and 1:00pm, as well as evenings*, weekends and holidays. *unless otherwise stated.

Family Support Program

Home Visitation (ages 0-6 years)

Parent Coach (ages 7-17 years)

Health for Two (pregnancy - 2 months postpartum)

Developmental Screens (ages 1 month – 5.5 years)

Information Referrals

Our **FREE** Family Support Programs have one goal: to help & support caregivers, in raising healthy, safe, and secure children. These programs give families access to information, education, and support for parenting and child development, through every stage (newborn, toddler, tween or teen).

What You Can Expect:

- Knowledgeable coaches who are trained in various parenting programs, including Triple P, Circle of Security, and Active Parenting
- Community resources and referrals
- Mentorship & support through challenges
- Flexible programs, tailored to each family's unique needs
- Culturally-sensitive coaches and programs



Program Benefits:

- Improved parenting knowledge and skills, that can be applied in day-to-day life
- Enhanced knowledge of child development
- Connects families with appropriate community resources
- Encourages families to make connections with other families
- Helps families build on their strengths
- Improved relationships with family, peers, and community

HOME VISITATION PROGRAM (ages 0-6)

A trained Parent Coach will help parents and caregivers identify what areas they require support. Through this process, goals are determined, and the parent coach will support families with the resources and tools needed to achieve their goals. Overall, Home Visitation is flexible and tailored to each family's needs. Home Visitation focuses on strengthening and supporting families by:

- Teaching problem-solving skills
- Encouraging positive parent-child relationships
- Supporting early child growth and development (language, fine and gross motor, cognitive, social & emotional skills)
- Helping families build on their own strengths
- Connecting families with appropriate community resources
- Encouraging families to make connections with

DEVELOPMENTAL SCREENING (ages 1 month - 5.5 years)

Would you like to know how your child is developing? Are they meeting their developmental milestones? Screening young children is an effective, efficient way to check a child's development. It's also an essential first step toward identifying children with delays or disorders in the critical early years.

Our staff are trained in using Ages & Stages Questionnaire (ASQ-3) and Nipissing child development screens. The questionnaire is family friendly and you will receive immediate feedback.

Our staff will be happy to provide you with strategies and activities to try at home with your child, and referrals can also be made to other early childhood programs that will continue to enhance your child's development.

PARENT COACH PROGRAM (ages 7-17)

A Parent Coach will meet with families and provide assistance on a short-term basis, providing support and mentorship through challenges. This program is open to all families, and includes:

- Mentorship through challenges
- Support built on your existing strengths
- Increased knowledge that can be applied to your day-to-day life
- Improved relationships with your family,

HEALTH FOR TWO PROGRAM (pregnancy - 2 months postpartum)

Prenatal education & community resources to women during their pregnancy and following the birth of their baby. Designed for women who may face social or economic risks to a healthy pregnancy, including:

- Teen pregnancy
- Single parent
- Low/no income
- Poor nutrition
- History of substance abuse
- Language/cultural barriers
- History of family violence
- History/current depression

This program is delivered one-on-one by a Family Educator and includes a range of services, such as:

- Education on pregnancy, birth, baby care and parenting (including pregnancy and parenting options)
- Support and referrals to community supports, such as maternity care, mental health, addictions, housing, food security
- Resources may include milk coupons and prenatal vitamins, and bus tickets for doctor appointments

