



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

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

Summer Program Guide July & August 2026

780-459-7377

www.stalbertfrc.ca

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

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ONLINE Registration Opens at 12:00pm June 3rd, 2026

Please register early as classes fill up quickly!



St. Albert Family
Resource Centre
GROWING STRONG TOGETHER

PARK POP IN DAY



15 July, 2026 10 am – 2 pm



Waters Edge Green Space,
Element Dr N, St. Albert



Fun family games

Tasty treats

Meet new friends

Learn about community programs

Questions?



780-459-7377



www.stalbertfrc.ca



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

PARK POP IN DAY



19 August, 2026 10 am – 2 pm



Rivers Edge Playground, 361
St Albert Trl (Behind Sturgeon
Point Villas)



Fun family games

Tasty treats

Meet new friends

Learn about community programs

Questions?



780-459-7377



www.stalbertfrc.ca

NO PROGRAMMING

August 24th — September 4th, 2026

Memberships available online!



Join us for some summer fun at Lion's Park!

Friday, July 24th, 2026

11:00am-1:00pm

- Soak up the sun!
- Limited Hotdogs & Treats
- Chit Chat with Staff
- Play!

Find us on:



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

Register online @www.stalbertfrc.ca

Caregiver-Supported Programs

Please note: When registering for caregiver-supported programs, enter only your CHILD/REN'S names. ALL caregiver-supported programs require a caregiver to attend alongside the child. Registration errors may impact your ability to participate in 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 with their children. The Early Learning Centre offers a comfortable and secure play environment that engages children in activities which will promote their growth and development. Come meet new friends or connect with old ones!

Date: Mondays (July 6th to August 17th)

Time: 9:30am - 11:30am

Fee: FREE

Facilitators: Miss Kaylan & Miss Meagan

NO CLASS AUGUST 3rd, 2026

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

Come and join us for some outdoor fun! You will get to enjoy nature, great company and spending time with your little one. Children will love creating masterpieces with chalk, paint and more, all while enjoying the fresh air outside! We may even enjoy the trails so bring your strollers and come along!

Date: Wednesdays (July 8th to August 19th)

Time: 9:30am - 11:30am

Fee: FREE

Facilitators: Miss Kaylan & Miss Meagan

Location: Lions Park

Play Time



ONLINE Registration Opens at 12:00pm June 3rd, 2026

Please register early as classes fill up quickly!

Early Childhood Registered Programs

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

SUMMER DISCOVER & LEARN (Ages 3 to 4 years)

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

Please note: Families may register for up to two weeks per month to ensure all families have an opportunity to participate. If a program is full, please add your name to the waiting list and we will contact you if a space becomes available.

Time: 9:15am - 11:15am

Fee: \$10.00/week (Cost Recovery)

Facilitator: Miss Kaylan & Miss Meagan

Themes & Course Dates Available:

- Tuesday & Thursday, July 7th & 9th; "We all Scream for Ice Cream!"; 2 classes
- Tuesday & Thursday, July 14th & 16th; "Chaos Chemistry"; 2 classes
- Tuesday & Thursday, July 21st & 23rd; "Bubbles of Fun"; 2 classes
- Tuesday & Thursday, July 28th & 30th; "Sun, Stars and Shades"; 2 classes
- Tuesday & Thursday, August 4th & 6th; "Golden Treasure Trailblazers"; 2 classes
- Tuesday & Thursday, August 11th & 13th; "Purr-fectly Pete's Groovy Summer"; 2 classes
- Tuesday & Thursday, August 18th & 20th; "Sea You Later Champ"; 2 classes

Hello Summer

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.
- Parents are *strongly* encouraged to participate in our parented programs prior to registering their child for an un-parented program.

Early Childhood Registered Programs (continued)

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

SUMMER PRESCHOOL FUN (Ages 4 to 6 years)

This summer, let your child's curiosity take the lead! Summer Preschool Fun is a playful, hands-on program designed to spark imagination, build confidence and encourage a love of learning through themed weekly adventures. This can be a great introduction into preschool if you are looking at starting your child in September!

Please note: Families may register for up to two weeks per month to ensure all families have an opportunity to participate. If a program is full, please add your name to the waiting list and we will contact you if a space becomes available.

Time: 9:30am - 11:30am

Fee: \$15.00/week (Cost Recovery)

Facilitator: Miss Allie

Themes & Course Dates Available:

- Tuesday- Thursday, July 7th, 8th & 9th; "Sunshine & Lemonade"; 3 classes
- Tuesday - Thursday, July 14th, 15th & 16th; "Watermelon & Ice Cream"; 3 classes
- Tuesday - Thursday, July 21st, 22nd & 23rd; "Bumble Bees & Honeycombs"; 3 classes
- Tuesday - Thursday, July 28th, 29th, & 30th; "Critters & Camping "; 3 classes
- Tuesday - Thursday, August 4th, 5th & 6th; "Mermaids & Bubbles"; 3 classes
- Tuesday - Thursday, August 11th, 12th & 13th; "Sandcastles & Seashells"; 3 classes
- Tuesday - Thursday, August 18th, 19th, & 20th; "Flowers & Fairies"; 3 classes

Early Childhood Requirements:

Children attending any un-parented programs other than Discover & Learn MUST be fully toilet trained.

ONLINE Registration Opens at 12:00pm June 3rd, 2026

Please register early as classes fill up quickly!

Early Childhood Registered Programs (continued)

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 themed program designed to provide children with a fun-filled playtime experience that incorporates a wide variety of age-appropriate activities. Each week will focus on a different theme, explored through engaging activities such as dramatic play, art, science, literature, group time, gross motor play, and fine motor activities.

Please note: Families may register for up to two weeks per month to ensure all families have an opportunity to participate. If a program is full, please add your name to the waiting list and we will contact you if a space becomes available.

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitators: Miss Kaylan & Miss Meagan

Themes & Course Dates Available:

- Tuesday- Thursday, July 7th, 8th & 9th; "Sunshine & Popsicles"; 3 classes
- Tuesday - Thursday, July 14th, 15th & 16th; "Colour Explosion"; 3 classes
- Tuesday - Thursday, July 21st, 22nd & 23rd; "Mermaids Tails & Pirate Sails"; 3 classes
- Tuesday - Thursday, July 28th, 29th, & 30th; "Starry Skies "; 3 classes
- Tuesday - Thursday, August 4th, 5th & 6th; "Whatever Floats Your Boat"; 3 classes
- Tuesday - Thursday, August 11th, 12th & 13th; "The Cool Cat Club"; 3 classes
- Tuesday - Thursday, August 18th, 19th, & 20th; "Coral Cove Celebration"; 3 classes



Early Childhood Requirements:

Children attending any un-parented programs other than Discover & Learn MUST be fully toilet trained.

Early Childhood Registered Programs (continued)

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

ENDLESS EXPLORATIONS (Ages 4 to 6 years)

Come with us as we endlessly explore all the wonder of imaginative play based on engaging stories! Your child will love the opportunity to discover new things through dramatic play, art, science, songs and so much more! Each session will focus on one book, that will include a wide range of age appropriate activities enhancing the theme of the story. "Books hold a magical appeal for children that goes far beyond the stories they contain." - Dr. Marion Blank.

Please note: Families may register for up to two weeks per month to ensure all families have an opportunity to participate. If a program is full, please add your name to the waiting list and we will contact you if a space becomes available.

Please see all highlighted notes above

Date: Thursdays

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitators: Miss Allie

July

Summertime Joy

9th It Began With Lemonade

16th Izzy the Ice-Cream Fairy

23rd Bee

30th Bluey Camping

August

Soak up the Sun

6th Mermaid Mia

13th The Squish

20th How to Catch a Garden Fairy



Early Childhood Requirements:

Children attending any un-parented programs other than Discover & Learn MUST be fully toilet trained.

Child & Youth Programs

Summer Camps (JULY)

Please send a nut-free lunch, snacks and water bottle for all Camp FRC days

Camp FRC (Ages 6 to 12 years)

Want to have a blast this summer? Come join the excitement with our weekly summer camps. Each week will explore different themes that are sure to capture your child's interests and imagination. Whether they love space, art, games, gardening or science, there is something for everyone.

Please note: Families may register for up to two weeks per month to ensure all families have an opportunity to participate. If a program is full, please add your name to the waiting list and we will contact you if a space becomes available.

Dates: Monday to Thursday; 4 classes (unless otherwise stated)

Time: 9:30am - 3:30pm

Fee*: \$40 (Cost Recovery)

Facilitator: Erin & Charlie



Please note: Field Trips will be an extra cost

Themes & Course Dates Available:

- **July 6th - 9th: Figure It Out!**

Build, create, test, and play in a hands-on camp packed with engineering challenges and creative design! Campers will explore how things work through exciting activities like building mini catapults, designing LEGO engineering projects, constructing giant marble runs, and so much more! Through guided challenges and open-ended building time, campers develop confidence, critical thinking, and collaboration skills while having a blast.

- **July 13th - 16th: The Great Outdoors**

Adventure awaits in the great outdoors! This fun-filled camp invites children to explore nature through hands-on activities, outdoor discovery, and creative play. Campers will learn new skills while building confidence, curiosity, and teamwork in a safe and exciting environment. Activities include geocaching adventures, gardening projects, nature-inspired art, outdoor exploration, bug hunts, and beginner survival basics like shelter building, knot tying, and outdoor safety. Each day encourages kids to connect with nature, ask questions, and discover the world around them.

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Child & Youth Programs

Summer Camps (JULY)

Please send a nut-free lunch, snacks and water bottle for all Camp FRC days

Camp FRC (Ages 6 to 12 years)

Want to have a blast this summer? Come join the excitement with our weekly summer camps. Each week will explore different themes that are sure to capture your child's interests and imagination. Whether they love space, art, games, gardening or science, there is something for everyone.

Please note: Families may register for up to two weeks per month to ensure all families have an opportunity to participate. If a program is full, please add your name to the waiting list and we will contact you if a space becomes available.

Dates: Monday to Thursday; 4 classes (unless otherwise stated)

Time: 9:30am - 3:30pm

Fee*: \$40 (Cost Recovery)

Facilitator: Erin & Charlie



Please note: Field Trips will be an extra cost

Themes & Course Dates Available:

- July 20th – 23rd: Blowing Off Steam

Get ready for explosive fun and high-energy challenges! Designed for curious and active kids, this camp is packed with exciting experiments, fast-moving games, and hands-on STEM adventures that spark creativity and imagination. Campers will take part in a variety of action-packed activities and science experiments. Each day encourages problem-solving, teamwork, and exploration while kids learn through play and discovery.

- July 27th – 30th: Around the World

Pack your imagination and get ready for a global adventure! Around the World Camp takes campers on an exciting journey to explore different countries, cultures, traditions, games, and creative activities from around the world. From building landmarks and trying international activities to exploring world traditions and creative art projects, campers will experience the fun and diversity of our amazing world.

ONLINE Registration Opens at 12:00pm June 3rd, 2026

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Child & Youth Programs

Summer Camps (AUGUST)

Please send a nut-free lunch, snacks and water bottle for all Camp FRC days

Camp FRC (Ages 6 to 12 years)

Want to have a blast this summer? Come join the excitement with our weekly summer camps. Each week will explore different themes that are sure to capture your child's interests and imagination. Whether they love space, art, games, gardening or science, there is something for everyone.

Please note: Families may register for up to two weeks per month to ensure all families have an opportunity to participate. If a program is full, please add your name to the waiting list and we will contact you if a space becomes available.

Dates: Monday to Thursday; 4 classes (unless otherwise stated)

Time: 9:30am - 3:30pm

Fee*: \$40 (Cost Recovery) **Facilitator:** Erin & Charlie

For 3 day camp cost recovery fee will be \$30.00/this week only



Please note: Field Trips will be an extra cost

Themes & Course Dates Available:

- **August 4th - 6th: Powerhouse Science *This week only: 3 classes***

Discover the power of science through exciting experiments, creative challenges, and hands-on discovery! Powerhouse Science Camp is designed for curious kids who love to test ideas, build inventions, and explore how the world works through fun and interactive activities. Each day is filled with opportunities to investigate, problem-solve, and think like real scientists and inventors. Perfect for children who enjoy experimenting, creating, and discovering the amazing science behind everyday fun!

- **August 10th - 13th: Camp Out Chaos**

Get ready for the ultimate backyard-style camping adventure packed with fun, teamwork, and outdoor excitement! Camp Out Chaos Camp brings all the best parts of camping together with creative challenges, silly games, and unforgettable memories. Don't miss out on all the outdoor fun!

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Child & Youth Programs

Summer Camps (AUGUST)

Please send a nut-free lunch, snacks and water bottle for all Camp FRC days

Camp FRC (Ages 6 to 12 years)

Want to have a blast this summer? Come join the excitement with our weekly summer camps. Each week will explore different themes that are sure to capture your child's interests and imagination. Whether they love space, art, games, gardening or science, there is something for everyone.

Please note: Families may register for up to two weeks per month to ensure all families have an opportunity to participate. If a program is full, please add your name to the waiting list and we will contact you if a space becomes available.

Dates: Monday to Thursday; 4 classes (unless otherwise stated)

Time: 9:30am - 3:30pm

Fee*: \$40 (Cost Recovery)

Facilitator: Erin & Charlie

Please note: Field Trips will be an extra cost

Themes & Course Dates Available:

- August 17th - 20th: Wacky Adventures

Get ready for a week of silly, fun, wild challenges and nonstop adventure! Wacky Adventures Camp is packed with creative games, exciting competitions, and unexpected surprises that keep campers laughing, moving, and working together every day. Campers will enjoy crazy themed activities like Backwards Day, mystery challenges, water games, STEM building challenges, relay races, obstacle courses, and plenty of goofy team competitions. Each day encourages creativity, teamwork, problem-solving, and active play in a fun and energetic environment.



ONLINE Registration Opens at 12:00pm June 3rd, 2026

Please register early as classes fill up quickly!

Kikosewin Teen Summer Programs

Please register online @www.stalbertfrc.ca

SPLASH AND DASH (Ages 13 to 17 years) Registered

Hey youth! Dive into fun with water games and exciting challenges. Snacks and drinks provided...come ready to get soaked and have a blast!

Dates: July 7th, 14th, 21st & 28th, 2026; individual sessions

Time: 1:00pm - 4:00pm

Fee: FREE

Facilitator: Katelyn

Location: Akinsdale Park Sports Field



OUTDOOR COOKING (Ages 13 to 17 years) Registered

Calling all teen food adventurers! Join us to cook up delicious treats you can enjoy around the fire or on your next camping trip.

Dates: July 8th, 15th, 22nd, August 19th & 26th, 2026; individual sessions

Time: 11:00am - 2:00pm

Fee: FREE

Facilitator: Katelyn

Location: Lions Park

OUTDOOR CRAFTS (Ages 13 to 17 years) Drop-In

Hey youth! Join us for a sunny day of creativity...make flower crowns and art using nature as your canvas. Snacks and drinks will be provided, so come ready to have fun!

Dates: July 10th & 24th, 2026; individual sessions

Time: 1:00pm - 3:00pm

Fee: FREE

Facilitator: Katelyn

Location: St. Albert Botanical Park



*Provincial Family
Resource Networks*

ONLINE Registration Opens at 12:00pm June 3rd, 2026

Please register early as classes fill up quickly!

Kikosewin Summer Teen Programs

Please register online @www.stalbertfrc.ca

BEADING IN THE PARK (Ages 13 to 17 years) Registered

Hey youth! Unwind and refresh your mind and body with some beading in the park. Bring your own project or start something new...we'll provide all supplies, plus snack and drinks.

Dates: August 18th & 25th 2026; 2 sessions

Time: 12:00pm - 3:00pm

Fee: FREE

Facilitator: Katelyn

Location: Akinsdale Park



END OF SUMMER CIRCLE (Ages 13 to 17 years) Drop-In

Hey youth! Come hang out in our sharing circle...swap your summer stories, chat about what's coming up this school year, and hear what everyone's thinking. Snacks and good vibes included!

Dates: Thursday, August 20th, 2026; One time Drop-In

Time: 2:00pm - 4:00pm

Fee: FREE

Facilitator: Katelyn

Location: Lions Park

TEENS

Alberta 

*Provincial Family
Resource Networks*

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

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 other families

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, peers, and community.

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



Registration Information

- **Online registration** opens at 12:00pm on June 3rd, 2026, @ www.stalbertfrc.ca
- Participants must **meet the program requirements** to register.

PLEASE TAKE NOTE OF AGE REQUIREMENTS WHEN REGISTERING. PLEASE ENSURE THAT WHEN RESERVING TICKETS FOR PARENTED PROGRAMS, YOU HAVE REGISTERED YOURSELF AND YOUR CHILD/REN EACH FOR INDIVIDUAL TICKETS. 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 note, an administrative fee applies to all cancellations of PAID registrations; no refunds will be issued less than 7 days prior to the start of the program.

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.

DONATION INFORMATION

St. Albert Family Resource Centre (FRC) is a thriving charitable organization serving families in St. Albert and the surrounding communities since 1982.

We offer over 400 courses and workshops annually through our Family Life Education Program, at the Centre and on an outreach basis. Early Childhood Programs, Child and Youth Programs, and Parent Education Programs make up the many courses offered.

Our Family Support Program offers one-on-one education, support and referrals to parents or the primary caregiver of children. Programs vary in length and intake criteria.



Thanks
for your
Donations

ONLINE Registration Opens at 12:00pm June 3rd, 2026

Please register early as classes fill up quickly!