

# FALL 2024 PROGRAM GUIDE September - December

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

780-459-7377 / [www.stalbertfrc.ca](http://www.stalbertfrc.ca)



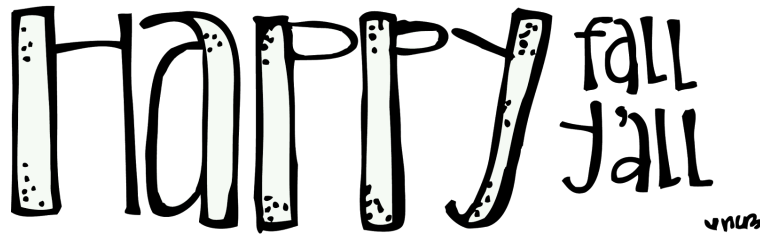
**St. Albert Family  
Resource Centre**

GROWING STRONG TOGETHER

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

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Find us on:



Or:

10A, 215 Carnegie Drive, St. Albert, Alberta T8N 5B1  
780-459-7377 | [www.stalbertfrc.ca](http://www.stalbertfrc.ca)

**Register online @[www.stalbertfrc.ca](http://www.stalbertfrc.ca)**

**NO PROGRAMS AUGUST 26  
TO SEPTEMBER 6**

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# **Family Membership**

**Family Membership for only \$10.00!**

**Valid from September 1, 2024 to August 31, 2025**

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# **SPECIAL EVENT**

## **Halloween BOO Bash**



Join us for our agency-wide Halloween Party! Our program room will be converted into a SPOOKTACULAR FUN HOUSE, our preschool room will become a MONSTER MASH, our early learning room will turn into a PUMPKIN PATCH, and finally, we can't celebrate without TRICK OR TREATS, in the kitchens, of course!

**Date:** Thursday, October 31<sup>st</sup>, 2024  
**Time:** 10:00am - 12:00pm OR 1:30pm - 3:00pm  
**Fee:** FREE



**ONLINE Registration Opens at 12:00pm August 7<sup>th</sup>, 2024**

**Please register early as classes fill up quickly!**

# Early Childhood Parented

**\*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 Drop-In Program (Ages 0 to 5 years)

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 (Starting Sept 9<sup>th</sup>)

Time: 9:30am - 11:30am

Ages: 0 - 5 years

Fee: FREE

Facilitators: Miss Shay & Miss Brittany

Date: Fridays (Starting Sept 13<sup>th</sup>)

Time: 9:30am - 11:30am

Ages: 0 - 5 years

Fee: FREE

**\*NO CLASS SEPTEMBER 30<sup>th</sup>, OCTOBER 14<sup>th</sup>, NOVEMBER 11<sup>th</sup>, 2024\***

## VIRTUAL RUSTIC RANCH (Ages 3 to 4 years)

Join us as we take a trip to the farm! In this program we will learn about different farm animals, sing some silly songs and make some rustic crafts. Put on your cowboy hat and boots and let's have some fun!

Date: Mondays, September 9<sup>th</sup> to September 23<sup>rd</sup>, 2024; 3 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Shay

## BARNYARD BABY (Ages 0 to 18 months)

This parent and baby group is a great way to meet new friends and sing new songs while exploring all things fall and farm. Prepare to get messy during our sensory and art play.

Date: Tuesdays, September 10<sup>th</sup> to September 24<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Shay



**ONLINE Registration Opens at 12:00pm August 7<sup>th</sup>, 2024**

**Please register early as classes fill up quickly!**



## Early Childhood Parented

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### PUMPKIN SPICE & EVERYTHING NICE (Ages 18 months to 3 years)

Join us for some fall themed fun with your little! In this program we will be focusing on sensory activities, along with songs and crafts that will LEAF you smiling.

Date: Tuesdays, September 10<sup>th</sup> to September 24<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Brittany



### STORYTIME ADVENTURE (Ages 2.5 to 5 years)

Enhance your child's love of books! Your child will enjoy their favorite stories through a variety of activities that include: crafts, games, dramatic play & so much more. We will explore a variety of children's authors that are sure to leave a lasting impression on you and your child!

Date: Thursdays, September 12<sup>th</sup> to September 26<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Tanya

### VIRTUAL ONCE UPON A TIME (Ages 4 to 6 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: Thursdays, September 12<sup>th</sup> to September 26<sup>th</sup>, 2024; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Natasha



Parents: 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 program is open to ALL families.

## Early Childhood Parented

**\*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 LITTLE GHOSTS & GOBLINS (Ages 3 to 4 years)

Welcome to our little virtual haunted house. We will be singing songs, going on a ghost hunt and exploring our senses with your little ghosts and goblins. Hop aboard to get into the Halloween spirit!

Date: Mondays, October 7<sup>th</sup> AND 21<sup>st</sup>, 2024; 2 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Shay

### PEEK-A-BOO BABY (Ages 0 to 18 months)

Spiders, monsters and ghosts, oh my! Let's explore all things Halloween. Get in the spirit by singing songs, making spooky crafts and exploring some ooey goeey sensory activities.

Date: Tuesdays, October 8<sup>th</sup> to October 22<sup>nd</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Shay



### LITTLE MONSTER MASH (Ages 18 months to 3 years)

Your little ones will enjoy using all of their senses to explore all things ooey and goeey in this program. Engage with your child in developmentally age appropriate activities and let their messy little monsters shine through! The great part is you dress to get messy but we clean the mess up!

Date: Tuesdays, October 8<sup>th</sup> to October 22<sup>nd</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Brittany



**ONLINE Registration Opens at 12:00pm August 7<sup>th</sup>, 2024**

**Please register early as classes fill up quickly!**

## Early Childhood Parented

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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! **\*Please sign up for one date only!\***

**Date:** Thursdays, October 10th OR 17th OR 24th, 2024; individual sessions

**Time:** 10:00am - 11:00am

**Fee:** FREE

**Facilitator:** Miss Natasha

### VIRTUAL WOODLAND WONDERS (Ages 4 to 6 years)

Enjoy exploring all the wonders of woodland animals through stories, crafts and more in this virtual program! Each week will focus on a different animal where we will learn some fun facts and create our own masterpieces. What will your favourite woodland animal be?

**Date:** Thursdays, October 10<sup>th</sup> to October 24<sup>th</sup>, 2024; 3 sessions

**Time:** 1:30pm - 2:00pm

**Fee:** FREE

**Facilitator:** Miss Tanya

### VIRTUAL SAFARI ADVENTURE (Ages 3 to 4 years)

Grab your binoculars and let's go on an adventure! We will explore the different animals found on an African safari with the use of story, songs and crafts.

**Date:** Mondays, November 4<sup>th</sup> AND November 18<sup>th</sup>, 2024; 2 sessions

**Time:** 10:00am - 10:30am

**Fee:** FREE

**Facilitator:** Miss Brittany



**ONLINE Registration Opens at 12:00pm August 7<sup>th</sup>, 2024**

**Please register early as classes fill up quickly!**

## Early Childhood Parented

**\*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\***

### QUILTS & CRAFTS (Ages 0 to 18 months)

Quilts and Crafts offers a fun space to make new friends, explore cozy sensory activities and create some crafts with your littles!

Date: Tuesdays, November 5<sup>th</sup> to November 19<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Shay

EVERYDAY  
moments make the best  
MEMORIES

### QUILTS & CRAFTS (Ages 18months to 3 years)

Quilts and Crafts offers a fun space to make new friends, explore cozy sensory activities and create some crafts with your littles!

Date: Tuesdays, November 5<sup>th</sup> to November 19<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Brittany

### VIRTUAL POPPIN PENGUINS (Ages 4 to 6 years)

Join us as we waddle and pop 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.

Date: Thursdays, November 7<sup>th</sup> to November 21<sup>st</sup>, 2024; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Natasha

### LITTLE BAKERS IN THE KITCHEN (Ages 3 to 5 years)

Children will love creating tasty treats that they can enjoy themselves or share with someone else. With a little help, your child will discover a variety of "kid" friendly recipes in a highly interactive baking experience. \*Please sign up for one date only!\*

Date: Thursdays, November 14<sup>th</sup> OR November 21<sup>st</sup>, 2024; individual sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Tanya

*Little Bakers*



## Early Childhood Parented

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### VIRTUAL CRAFTING AROUND THE CHRISTMAS TREE (Ages 3 to 4 years)

The weather outside is frightful, but crafting is so delightful. Our little elves will be getting into the holiday spirit and working on their fine motor skills too! We hope to spread some Christmas cheer as we craft around the Christmas tree!

Date: Mondays, December 2<sup>nd</sup> to December 16<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Brittany

### BABY IT'S COLD OUTSIDE (Ages 0 to 18 months)

Bring your babies and join us to ring in the holiday spirit. Together we will explore various sensory activities for winter, make crafts for loved ones and sing some festive songs!

Date: Tuesdays, December 3<sup>rd</sup> to December 17<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Shay



### CHRISTMAS CUDDLES, SONGS & SNUGGLES (Ages 18 months to 3 years)

What better way to cozy up in the cold than to snuggle together with songs and rhymes you can enjoy all through the Christmas season. Your little one will be learning, but what they will love is the time with you! Don't forget your PJ's!

Date: Tuesdays, December 3<sup>rd</sup> to December 17<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Brittany



Parents: 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 program is open to ALL families.

## Early Childhood Parented

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### DIY WITH YOU AND 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. \*Please sign up for one date only!\*

**Date:** Thursdays, December 5<sup>th</sup> OR December 12<sup>th</sup>, 2024; Individual sessions  
**Time:** 10:00am - 11:00am  
**Fee:** FREE  
**Facilitator:** Miss Natasha

### VIRTUAL LITTLE ELVES IN THE KITCHEN (Ages 4 to 6 years)

Don't let Santa's little Elves get left out this Christmas! Join us in a highly interactive virtual baking experience, where children will love creating tasty holiday treats that they can enjoy for themselves or share with someone else. With a little help your child will discover a variety of "kid" friendly recipes that will put you all in the holiday spirit. \*Please note for virtual cooking classes supplies are not provided\*

**Date:** Thursdays, December 5<sup>th</sup> AND December 12<sup>th</sup>, 2024; 2 sessions  
**Time:** 1:30pm - 2:00pm  
**Fee:** FREE  
**Facilitator:** Miss Tanya



**ONLINE Registration Opens at 12:00pm August 7<sup>th</sup>, 2024**

**Please register early as classes fill up quickly!**

# Early Childhood Un-Parented

**\*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 **\*NO CLASS OCTOBER 29<sup>th</sup>\***  
**Time:** 1:30pm - 3:30pm  
**Fee:** FREE  
**Facilitators:** Miss Shay & Miss Brittany

## **WEEKLY THEMES:**

<b><u>SEPTEMBER</u></b>	<b><u>OCTOBER</u></b>	<b><u>NOVEMBER</u></b>	<b><u>DECEMBER</u></b>
<b>A is for Autumn</b>	<b>Harvest Howl</b>	<b>Learning Detectives</b>	<b>Winter Wonderland</b>
10 <sup>th</sup> S is for Scarecrows	1 <sup>st</sup> Hayrides & Happiness	5 <sup>th</sup> Messy Play	3 <sup>rd</sup> Arctic Adventure
17 <sup>th</sup> L is for Leaves	8 <sup>th</sup> Pumpkin Palooza	12 <sup>th</sup> Community Helpers	10 <sup>th</sup> Snowy Nights
24 <sup>th</sup> P is for Pumpkin	15 <sup>th</sup> Sweet & Spooky	19 <sup>th</sup> Ups & Downs	17 <sup>th</sup> Festive Fun
	22 <sup>nd</sup> Monster Mash	26 <sup>th</sup> Out of this World	
	29 <sup>th</sup> NO CLASS		

## **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 Un-Parented

**\*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 **\*NO CLASS OCTOBER 31<sup>st</sup>\***  
**Time:** 9:30am - 11:30am  
**Fee:** FREE  
**Facilitators:** Miss Shay & Miss Brittany

## **WEEKLY THEMES:**

<b><u>SEPTEMBER</u></b>	<b><u>OCTOBER</u></b>	<b><u>NOVEMBER</u></b>	<b><u>DECEMBER</u></b>
<b>A is for Autumn</b>	<b>Harvest Howl</b>	<b>Learning Detectives</b>	<b>Winter Wonderland</b>
12 <sup>th</sup> O is for Orchard	3 <sup>rd</sup> Pumpkin Patch Magic	7 <sup>th</sup> Busy Builders	5 <sup>th</sup> Frosty Fun
19 <sup>th</sup> F is for Farm	10 <sup>th</sup> Itsy Bitsy Spider	14 <sup>th</sup> Colour Science	12 <sup>th</sup> Holiday Hugs
26 <sup>th</sup> C is for Colours	17 <sup>th</sup> Monster Mash-Up	21 <sup>st</sup> Exploring Force	
	24 <sup>th</sup> Hocus Pocus	28 <sup>th</sup> Sensory Play	
	31 <sup>st</sup> NO CLASS		

## **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 Un-Parented

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

### FUNTASTIC FRIDAYS (Ages 3 to 6)

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:

September 13<sup>th</sup>, 2024; "Fabulous Fall"

September 27<sup>th</sup>, 2024; "Forest Friends"

October 11<sup>th</sup>, 2024; "Scarecrows"

October 25<sup>th</sup>, 2024; "We're Going On A Bear Hunt"

November 15<sup>th</sup>, 2024; "Llama Llama Red Pajama"

November 22<sup>nd</sup>, 2024; "Frozen"

December 6<sup>th</sup>, 2024; "Cookies & Candy Canes"

December 13<sup>th</sup>, 2024, "Polar Express"



# H P P P Y F R I D A Y

*make it a good one*

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



## Early Childhood Un-Parented

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

### FALLIN' APPLES (Ages 4 to 6 years)

"Apples juicy, apples round, on the tree or on the ground. Apples yellow, apples red, apple pie and juice and bread! Apples crunchy, apples sweet. Apples are so good to eat!" Join Miss Natasha for a bushel of fun learning about apples through engaging stories, fall activities and crafts!

Date: Mondays, September 9<sup>th</sup> to September 23<sup>rd</sup>, 2024; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Natasha



### RHYTHM & RHYME (Ages 3 to 5 years)

Parents, now is a perfect time to introduce your child to the concept of rhythm and rhyme through engaging songs and games. Rhythms characterize body functions such as eating and toilet training, whereas rhyming sounds actively boost brain activity and a child's early literacy ability. Let your child explore the world of opportunities through song and dance, finger play, musical instruments, and much more. Limited spots are available, reserve your spot and register today!

Date: Tuesdays, September 10<sup>th</sup> to September 24<sup>th</sup>, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Natasha

### FALL TREES & CRUNCHY LEAVES (Ages 4 to 6 years)

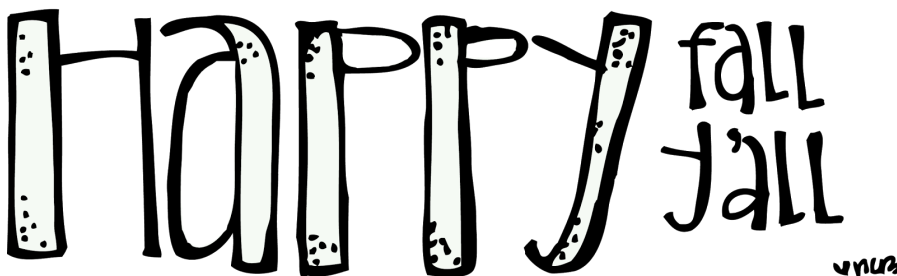
Join Miss Natasha for a magical exploration of the changing seasons and all that autumn has to offer. Your child will engage in stories, activities and fun fall crafts. Leaves are falling and autumn is calling!

Date: Thursdays, September 12<sup>th</sup> to September 26<sup>th</sup>, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Natasha



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

## Early Childhood Un-Parented

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### PETE THE CAT (Ages 4 to 6 years)

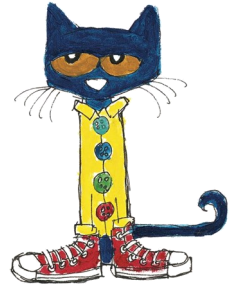
Come and discover the coolest cat on the block, Pete the Cat. Your child will explore the fascination many kids have with this beloved character through crafts, stories, songs, games and much more. Your child will tell you all about it, because as Pete the Cat would say: It's all good!

Date: Mondays, October 7<sup>th</sup> AND October 21<sup>st</sup>, 2024; 2 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Natasha



### PUMPKIN PATCH (Ages 3 to 5 years)

Prance around the pumpkin patch and explore the best that autumn has to offer. Engage in singing, dancing and crafts. Who knew pumpkins could offer SO MUCH FUN?!

Date: Tuesdays, October 8<sup>th</sup> to October 22<sup>nd</sup>, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Natasha

### MAGNIFICENT MAKERS (Ages 4 to 6 years)

Let's make magnificent things together! In this program your child will experience a variety of ways to create masterpieces of their own. Through arts, crafts, loose parts play exploration and so much more, we will entertain ourselves through fun and imaginative ways!

Date: Thursdays, October 10<sup>th</sup> to October 24<sup>th</sup>, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Tanya



### SNOWFLAKE SCIENCE (Ages 4 to 6 years)

Brrrr! Beat the winter blues in this hands-on snowflake STEM class. This program will encourage your child's curiosity of snow while building critical thinking and problem-solving skills.

Date: Mondays, November 4<sup>th</sup> and November 18<sup>th</sup>, 2024; 2 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Natasha

## Early Childhood Un-Parented

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

### UP DOWN & ALL AROUND (Ages 3 to 5 years)

Are you looking for a fun, positive, non-competitive and multi-sport program for your preschool-aged child this fall? If you are, then this is the right place! Give your child the confidence to play and enjoy a variety of activities including balloon tennis, fitness cube, indoor basketball, and adventure walk. These programs are all designed for young children to develop gross motor and athletic skills.

**Date:** Tuesdays, November 5<sup>th</sup> to November 19<sup>th</sup>, 2024; 3 sessions

**Time:** 9:30am -11:30am

**Fee:** FREE

**Facilitator:** Miss Natasha

### 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!

**Date:** Thursdays, November 7<sup>th</sup> to November 21<sup>st</sup>, 2024; 3 sessions

**Time:** 9:30am -11:30am

**Fee:** FREE

**Facilitator:** Miss Natasha

### HOLIDAY TRADITIONS (Ages 4 to 6 years)

Traditions can be an important tie bringing families and cultures together. Learn about winter celebrations through the exploration of crafts, games, stories, and foods that are traditional to Christmas in various countries. Come prepared to have fun and to share some of your families holiday traditions!

**Date:** Mondays, December 2<sup>nd</sup> to December 16<sup>th</sup>, 2024; 3 sessions

**Time:** 1:30pm - 3:30pm

**Fee:** FREE

**Facilitator:** Miss Natasha

*Happy  
Holidays*

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

## Early Childhood Un-Parented

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

### GINGERBREAD FRIENDS (Ages 3 to 5 years)

What is sweet and spicy and smells like cinnamon? It's gingerbread of course! In this class we will explore classic and new adaptations of the well-known fairy tale, The Gingerbread Man. Your child will explore the wonders of our gingerbread friends through songs, games, crafts and so much more!

Date: Tuesdays, December 3<sup>rd</sup> to December 17<sup>th</sup>, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Natasha

### SANTA'S WORKSHOP (Ages 4 to 6 years)

Need a few hours to yourself to prepare for the upcoming holiday season? Have your children join us in Santa's Workshop for some hands on fun with creative crafts, toy testing & sweet treats. They might even have something wrapped and waiting for you on Christmas day!

Date: Thursdays, December 5<sup>th</sup> OR December 12<sup>th</sup>, 2024; individual sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Tanya



## St. Albert FRC Holiday Hours

Our last day of programming will be Wednesday, December 18<sup>th</sup>.

Our offices will remain open with limited hours on  
Thursday, December 19<sup>th</sup> and Friday, December 20<sup>th</sup>.

We will be CLOSED until Monday, January 6<sup>th</sup>, 2025.

**Wishing ALL of our families a wonderful holiday season!**

# Child & Youth Programs

## Evenings

### KIDS CONFIDENT & STRONG (Ages 8 to 12 years)

With the right tools we can be better equipped to grow into an individual who can go out and conquer the world! This dynamic class is designed to encourage, support and empower your child to be confident and proud of who they are. Through fun and exciting activities, we will explore and gain skills such as strength, determination and leadership. "You are braver than you believe, stronger than you seem, and smarter than you think" ~ A.A. Mine

Date: Wednesdays, September 11<sup>th</sup> to September 25<sup>th</sup>, 2024; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: TBA



### TRICKS & TREATS (Ages 6 to 12 years)

Tricks & Treats is all about Halloween fun. From baking and making treats to games and activities; if your child loves Halloween and wants to celebrate more than once a year, then this is the program for them! \*Please sign up for one date only!\*

Date: Wednesdays, October 9<sup>th</sup> OR 16<sup>th</sup> OR 23<sup>rd</sup>, 2024; individual sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: TBA

### CREATIVE INVENTORS (Ages 6 to 12 years)

Come and join us in this engaging program, where children are encouraged to explore through open-ended learning. Each week children will be presented with "loose parts" where they will construct, investigate and inquire about others and the world around them. These young inventors will have the opportunity to be curious and creative while expanding on their imagination and play skills.

Date: Wednesdays, November 6<sup>th</sup> AND November 20<sup>th</sup>, 2024; 2 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: TBA



**ONLINE Registration Opens at 12:00pm August 7<sup>th</sup>, 2024**

**Please register early as classes fill up quickly!**



## Child & Youth Programs

### Evenings

#### TOY MAKERS (Ages 6 to 12 years)

Toy makers gives your child an opportunity to create a keepsake toy that they can cherish for years to come. This class encourages your child to use their imagination and put their creativity to the test through a variety of activities, games and crafts. Come join this interactive class and explore the art of Toy Making. \*Please sign up for one date only!\*

**Date:** Wednesday, December 4<sup>th</sup> OR 11<sup>th</sup>, 2024; individual sessions

**Time:** 6:00pm - 7:30pm

**Fee:** FREE

**Facilitator:** TBA

Happy  
Holidays

#### St. Albert FRC Holiday Hours

Our last day of programming will be Wednesday, December 18<sup>th</sup>.

Our offices will remain open with limited hours on  
Thursday, December 19<sup>th</sup> and Friday, December 20<sup>th</sup>.

We will be CLOSED until Monday, January 6<sup>th</sup>, 2025.

**Wishing ALL of our families a wonderful holiday season!**

# Child & Youth Programs

## PD Days

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

### LOST IN LEGO (Ages 6 to 12 years)

Want to get lost in Lego? Join us for some Lego craze as we explore endless puzzles and board games. This hands-on program will help children explore their creative sense, encourage teamwork and improve their problem solving skills.

Date: Friday, September 20<sup>th</sup>, 2024 (Catholic & Public School PD Day)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: TBA



### Celebrate Dia De Los Muertos (Ages 6 to 12 years)

Let's celebrate the Mexican holiday of Dia De Los Muertos which acknowledges and celebrates loved ones that have passed! We will be creating paper picado banners, marigold flowers, sugar skulls and watching the movie Coco!

Date: Friday, October 11<sup>th</sup>, 2024 (Catholic & Public School PD Day)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: TBA



**We will be closed for staff development  
on **September 30<sup>th</sup>** in recognition of  
National Day for **Truth and Reconciliation****

# 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: Tuesday, November 12<sup>th</sup>, 2024 (Catholic & Public School PD Day)**

**Time: 9:30am - 3:30pm**

**Fee: \$30.00**

**Facilitator: TBA**

### **STEM LAB (Ages 6 to 12 years)**

Leap into the exciting world of STEM, where we will combine science, technology, math and more to complete fun and easy projects. Together we will build, invent, create and discover all while drawing on our imaginations! Are you ready?

**Date: Wednesday, November 13<sup>th</sup>, 2024 (Catholic Fall Break)**

**Time: 9:30am - 3:30pm**

**Fee: FREE**

**Facilitator: TBA**

### **BOOKWORM DAY (Ages 6 to 12 years)**

A day to combine the love of reading with creative and fun activities! Let's use dramatic play, play book-themed games and make bookmarks to celebrate our love of reading!

**Date: Thursday, November 14<sup>th</sup>, 2024 (Catholic Fall Break)**

**Time: 9:30am - 3:30pm**

**Fee: FREE**

**Facilitator: TBA**

**ONLINE Registration Opens at 12:00pm August 7<sup>th</sup>, 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\***

### SLUMBER PARTY (Ages 6 to 12 years)

Bring your stuffy, pajamas and a blanket to join in the slumber party fun! We will decorate cookies, watch a movie, have popcorn, learn about supporting ourselves and others through fun activities, and play all kinds of slumber party games!

Date: Friday, November 15<sup>th</sup>, 2024 (Catholic PD Day)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: TBA

### JR. ARTISTS/PJ PARTY (Ages 6 to 12 years)

Is your child artistically inclined? In the morning we will explore our creative side through painting, sculpting, doodling and many more imaginative activities. Our afternoon will end off with a PJ party, so wear your pajamas, bring a stuffy and a blanket to cozy down for some fun!

Date: Friday, November 29<sup>th</sup>, 2024 (Catholic School PD Day)

Date: Monday, December 2<sup>nd</sup>, 2024 (Public School PD Day)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: TBA



**ONLINE Registration Opens at 12:00pm August 7<sup>th</sup>, 2024**

**Please register early as classes fill up quickly!**

# 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 September 11<sup>th</sup>, 2024)

Time: 9:30am - 11:30am

Fee: FREE

J4P Facilitator: Chelsey Ternes

J4P Care Facilitators: Miss Shay & Miss Brittany

\*No class October 30<sup>th</sup> or November 13<sup>th</sup>\*



## 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

## FIRST TIME PARENTS

We are a nurturing community dedicated to supporting new parents in their journey of parenthood. Through informative workshops and discussions, members explore critical aspects of child development, gaining valuable insights into their babies' physical, emotional, and cognitive milestones. With a holistic approach, the First Time Parents group equips new parents with essential parenting skills, empowering them to navigate the joys and challenges of raising a child with confidence and resilience. Come and join us to meet new parents and caregivers in the community.

**\*Please bring a blanket for the baby to be placed on during the program.\***

**Date:** Fridays, September 13<sup>th</sup> to October 18<sup>th</sup>, 2024; 6 sessions

**Date:** Wednesdays, November 6<sup>th</sup> to December 11<sup>th</sup>, 2024; 6 sessions

**Time:** 10:15am-11:45am

**Fee:** FREE

**Facilitator:** Terri Stewart

**Location:** St. Albert Public Library ([PLEASE REGISTER AT THE SAPL](#))

## VIRTUAL CIRCLE OF SECURITY

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened by self-reflection.

### Learning Objectives of the Training:

- Understand your child's emotional world by learning to read emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self-esteem
- Honor your innate wisdom and desire for your child to be secure

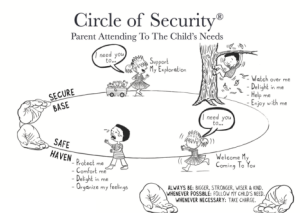
**Date:** Thursdays, October 3<sup>rd</sup> to November 21<sup>st</sup>, 2024; 7 sessions

**Time:** 1:30pm - 3:30pm

**Fee:** FREE

**Facilitator:** Terri Skinner

**\*No Class October 31st\***



**Parents:** 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 program is open to ALL families.

## Adult/Parenting Programs

### PUTTING THE FUN BACK INTO PLAY

As parents we know the importance of playing with our children, but, how can we get enjoyment from it and meet our own needs? How can it benefit us? This course will get us in touch with our playful side while coming up with creative ideas to get our kids off screens and spend quality time together that everyone will enjoy.

Date: Wednesday, October 16<sup>th</sup>, 2024; individual session

Time: 6:00pm-8:00pm

Fee: FREE

Facilitator: Maryann Da Silva

### Emotion Coaching

Emotions...we all have them. Everything we do and everything we learn is shaped, in some way by the way we feel. Feelings are a natural part of who we are, but, how do children learn about emotions? How do they learn to understand their sadness or joy? What is appropriate behaviour when these feelings are strong? What can a parent do when a child explodes in anger, or hides in fear? Parents spend lots of time teaching children important things, such as reading, or tying shoes. Taking time to help children learn to understand their feeling is important too. Emotion Coaching is a parenting technique that helps children understand their feelings. Please join us in exploring the five steps of emotion coaching to support your child in learning how emotions work, and how to react to feelings in a healthy way.

Date: Tuesday, November 19<sup>th</sup>, 2024; individual session

Time: 1:30pm-3:30pm

Fee: FREE

Facilitator: Terri Skinner

**\*Please note we have ALL ABOUT running at the same time for children 3-5yrs...register online @[www.stalbertfrc.ca](http://www.stalbertfrc.ca)\***

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

## Adult/Parenting Programs

### Monday Evenings

#### **STRONG AND SINGLE...A GROUP FOR SINGLE CAREGIVERS**

We invite you to join our single caregivers group! You will have the opportunity to make meaningful connections within the community, as well as learn something new and interesting through our fabulous parent educators, Maryann and Terri. Weekly topics and guest speakers will vary depending upon the needs and interest of the group.

**Time:** 6:30pm - 7:30pm  
**Location:** St. Albert Family Resource Centre  
**Fee:** FREE  
**Facilitator:** Maryann Da Silva & Terri Skinner



#### **Dates:**

September 23<sup>rd</sup>, 2024; Individual Session (Adjusting to New Routines & Fears)

October 7<sup>th</sup>, 2024; Individual Session (Gratitude & Thanksgiving Craft)

October 21<sup>st</sup>, 2024; Individual Session (Guest Speaker - SAIF - Stop Abuse In Families)

November 4<sup>th</sup>, 2024; Individual Session (Sibling Rivalry)

November 18<sup>th</sup>, 2024; Individual Session (Guest Speaker - Youth Power Struggles)

December 9<sup>th</sup>, 2024; Individual Session (Holiday Craft)

**FREE CHILDCARE**

**REGISTER ONLINE @[WWW.STALBERTFRC.CA](http://WWW.STALBERTFRC.CA)**

## **Registration Information**

- Online registration opens at 12:00pm on August 7<sup>th</sup>, 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

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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

## 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:

This program is delivered one-on-one by a

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

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

