



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



Winter 2026

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

Charitable #128925666RR0001

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Find us on:



Or:

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

Register online @www.stalbertfrc.ca

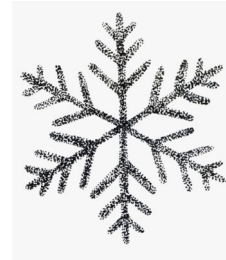
NO PROGRAMMING

JANUARY 5th to 9th, 2026

Family Membership \$25.00
(Jan 1 to Dec 31, 2026)

Included with Membership:
FRC Cookbook & Member Pricing on Select Programs

Did you know that we offer outreach programming in schools and daycares?
Please contact our navigator for more information at 780-459-7377 ext. 229
or navigator@stalbertfrc.ca



ONLINE registration opens

December 5th, 2025

12:00 Noon!

Please register early as classes fill up quickly!

www.stalbertfrc.ca



St. Albert Family
Resource Centre
GROWING STRONG TOGETHER

HEARTS & HASHBROWNS

A BREAKFAST IN
SUPPORT OF THE
ST. ALBERT FAMILY
RESOURCE CENTRE



Buy Tickets & Find Out More Here:

11
FEB



09
AM

St. Albert Inn & Suites

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 12th)

Time: 9:30am - 11:30am

Fee: FREE

Facilitators: Miss Shay & Miss Sabrina

NO CLASS FEBRUARY 16th, 2026

NO CLASS APRIL 3rd, 2026

NO CLASS APRIL 6th, 2026

Date: Fridays (starting January 16th)

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!

PLEASE SIGN UP FOR ONLY ONE OPTION!

Date: Mondays, January 12th to January 26th, 2026; 3 sessions

Time: 1:30pm-2:30pm

Date: Tuesdays, January 13th to January 27th, 2026; 3 sessions

Time: 10:00am - 11:00am or 1:30pm-2:30pm

Fee: FREE

Facilitator: Miss Shay



ONLINE Registration Opens at 12:00pm December 5th, 2025

Please register early as classes fill up quickly!

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

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!

PLEASE SIGN UP FOR ONLY ONE OPTION!

Date: Mondays, January 12th to January 26th, 2026; 3 sessions
Time: 1:30pm-2:30pm
Date: Tuesdays, January 13th to January 27th, 2026; 3 sessions
Time; 10:00am-11:00am
Time: Wednesdays, January 14th to January 28th, 2026; 3 sessions
Time: 10:00am - 11:00am
Fee: FREE
Facilitator: Miss Sabrina

Giggle

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 15th to January 29th, 2026; 3 sessions
Time: 10:00am - 11:00am
Fee: FREE
Facilitator: Miss Tanya

Hug
-in a-
Mug

ONLINE Registration Opens at 12:00pm December 5th, 2025

Please register early as classes fill up quickly!

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

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! **PLEASE SIGN UP FOR ONLY ONE OPTION!**

Date: Mondays, February 9th and 23rd, 2026; 2 sessions
Time: 1:30pm– 2:30pm
Date: Tuesdays, February 10th to February 24th, 2026; 3 sessions
Time: 10:00am - 11:00am or 1:30pm - 2:30pm
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 that this program has to offer! **PLEASE SIGN UP FOR ONLY ONE OPTION!**

Date: Mondays, February 9th and February 23rd, 2026; 2 sessions
Time: 1:30pm-2:30pm
Date: Tuesdays, February 10th to February 24th, 2026; 3 sessions
Time: 10:00am- 11:00am
Date: Wednesdays, February 11th to February 25th, 2026; 3 sessions
Time: 10:00am - 11:00am
Fee: FREE
Facilitator: Miss Sabrina



ONLINE Registration Opens at 12:00pm December 5th, 2025

Please register early as classes fill up quickly!

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 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, February 12th, or 19th, or 26th, 2026; individual sessions
Time: 10:00am - 11:00am
Fee: FREE
Facilitator: Miss Allie

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! **PLEASE SIGN UP FOR ONLY ONE OPTION!**

Date: Mondays, March 9th to March 23rd, 2026; 3 sessions
Time: 1:30pm- 2:30pm
Date: Tuesdays, March 10th and March 17th, 2026; 2 sessions
Time: 10:00am - 11:00am or 1:30pm-2:30pm
Fee: FREE
Facilitator: TBA

Our kids are making
memORies
(don't mind the mess)

ONLINE Registration Opens at 12:00pm December 5th, 2025

Please register early as classes fill up quickly!

Early Childhood Parented Programs

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SABRINA'S SONGBIRDS & SPROUTS (Ages 18 months to 3 years)

This program will allow children to explore the wonder of nature and the beginnings of spring with a tune to match our mood. So grab your little songbird and delight in the captivating magic of music! **PLEASE SIGN UP FOR ONLY ONE OPTION!**

Date: Mondays, March 9th to March 23rd, 2026; 3 sessions

Time: 1:30pm-2:30pm

Date: Tuesdays, March 10th and March 17th, 2026; 2 sessions

Time: 10:00am - 11:00am

Date: Wednesdays, March 11th to March 25th, 2026; 3 sessions

Time: 10:00am- 11:00am

Fee: FREE

Facilitator: Miss Sabrina

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, art, crafts, and more!

Dates: Thursdays, March 12th to March 26th, 2026; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Tanya



ONLINE Registration Opens at 12:00pm December 5th, 2025

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Early Childhood Parented Programs

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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.

PLEASE SIGN UP FOR ONLY ONE OPTION!

Date: Mondays, April 20th and April 27th, 2026; 2 sessions

Time: 1:30pm– 2:30pm

Date: Tuesdays, April 7th and April 21st, 2026; 2 sessions

Time: 10:00am - 11:00am or 1:30pm-2:30pm

Fee: FREE

Facilitator: TBA

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!

PLEASE SIGN UP FOR ONLY ONE OPTION!

Date: Mondays, April 13th and April 20th, 2026; 2 sessions

Dates: Tuesdays, April 7th to April 21st, 2026; 3 sessions

Time: 10:00am - 11:00am

Date: Wednesdays, April 8th to April 22, 2026; 3 sessions

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, April 9th, or 16th, or 23rd, 2026; individual sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Allie



Handmade
— WITH LOVE —

ONLINE Registration Opens at 12:00pm December 5th, 2025

Please register early as classes fill up quickly!

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 12th to January 26th, 2026; 3 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Shay



VIRTUAL SNOWFLAKE SCIENCE (Ages 4 to 6 years)

Brrrrr! Step into a winter wonderland of discovery in our Snowflake Science virtual class! Little scientists will explore the magic of snow through hands-on STEM activities that spark curiosity and creativity.

Dates: Thursdays, January 15th to January 29th, 2026; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Allie

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, February 9th and February 23rd, 2026; 2 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Sabrina



ONLINE Registration Opens at 12:00pm December 5th, 2025

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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 FASCINATING FAIRY-TALES (Ages 4 to 6 years)

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

Dates: Thursdays, February 12th to February 26th, 2026; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Tanya



ONLINE Registration Opens at 12:00pm December 5th, 2025

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!

WEDNESDAY WONDERS (Ages 3 to 6 years) *NEW*

Come join us on an exciting adventure as we explore the wonders of the world around us through a play-based approach. Each month, your children will dive into a new theme, filled with hands-on activities designed to foster growth across all developmental areas. From creative exploration to cognitive challenges, our activities inspire curiosity, build social skills, and nurture emotional growth, all while having fun!

Date: Wednesdays

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitators: Miss Shay

MONTHLY DATES & THEMES:

January 14th to January 28th, 2026; 3 sessions (**The Wonders of Winter**)

February 11th to February 25th, 2026; 3 sessions (**The Helping Hand**)

March 11th to March 25th, 2026; 3 sessions (**Rainbows & Shamrocks**)

April 8th to April 22nd, 2026; 3 sessions (**Garden Explorers**)

**WONDERFUL
WEDNESDAY**

Early Childhood Requirements:

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

Snowflakes & Sparkles

15th Snowflake Scientists
22nd Frosty Forest Friends
29th Icicle Investigators

FEBRUARY

Love & Learning

12th Valentine's Day
19th Seeds of Kindness
26th Bucket Fillers

MARCH

Four-Leaf Friends

12th St. Patrick's Day
19th Hip Hop Into Spring
26th Rainbow Connections

APRIL

Splish Splash Sprouts

9th Raindrop Rascals
16th Planting Pals
23rd Happy Earth Helpers

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 16th, 2026; "Snowman Wonders"

January 30th, 2026; "Playful Penguins"

February 13th, 2026; "Imagination Station"

February 27th, 2026; "Dinosaur Discoveries"

March 13th, 2026; "How to Catch a Leprechaun"

March 27th, 2026; "Rainbow of Emotions"

April 10th, 2026; "Journey With Eric Carle"

April 24th, 2026; "Little Green Thumb"



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!

FROSTY FRIENDS (Ages 4 to 6 years) *NEW*

Bundle up and get ready for an icy adventure! In Frosty Friends, children will explore the chilly Arctic world through stories, songs, crafts and more. Each week, little learners meet a new arctic animal and discover how they live, play and stay warm in their frozen home.

Date: Mondays, January 12th to January 26th, 2026; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

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: Mondays, January 12th to January 26th, 2026; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Allie



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 13th to January 27th, 2026; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

SHIMMERING SNOWDROPS (Ages 3 to 5 years) *NEW*

Step into a sparkling world where we celebrate the beauty of the season. Children will explore the magic of winter through sensory play and hands on activities.

Date: Tuesdays, January 13th to January 27th, 2026; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Sabrina

Early Childhood Un-Parented Programs

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

LOOK AT ME I WANT TO BE (Ages 4 to 6 years)

Every child has heard the questions “what do you want to be when you grow up?” Well this class will allow your child to dive in and learn about various occupations through structured and unstructured play. Perhaps they will be a construction worker, or a doctor, or maybe even a teacher! Let them decide for themselves what they want to be.

Date: Thursdays, January 15th to January 29th, 2026; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

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.

Dates: Mondays, February 9th and February 23rd, 2026; 2 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

FUN WITH ABC'S & 123'S (Ages 4 to 6 years)

Are you looking for a fun play based environment that helps your child learn and recognize letters and numbers? This program is designed to help young children develop a love of learning through games, stories and interactive activities.

Dates: Mondays, February 9th and February 23rd, 2026; 2 sessions

Time: 1:30pm - 3:30pm

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!

OH MY LLAMA (Ages 3 to 5 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: Tuesdays, February 10th to February 24th, 2026; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

HEDGEHOG HUGS (Ages 3 to 5 years) *NEW*

We will celebrate friendship, empathy and caring of one another while learning about various forest friends. As we explore the cozy feelings of the season, we may just gain a few new friends as well!

Dates: Tuesdays, February 10th to February 24th, 2026; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Sabrina

ROBOTS ROCK (Ages 4 to 6 years)

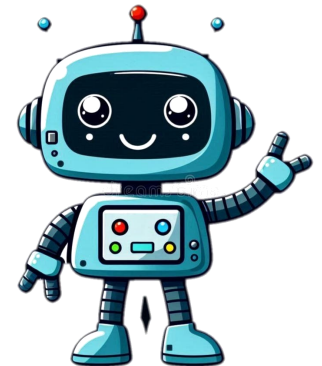
Your child will jump into the exciting world of robots with hands on experiences where they can watch their creations take shape! Whether it be through crafts, stories, games or building, your child will watch as their simple ideas come to life. They will be having so much fun they will not even realize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

Date: Thursdays, February 12th to 26th, 2026; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Tanya



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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!

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”. Designed for curious preschoolers, this class blends the festive spirit of St. Patrick’s Day with fun, hands-on learning. From shamrocks to rainbows and big pots of gold, your little may even catch their very own leprechaun!

Dates: Mondays, March 9th to March 23rd, 2026; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie



LUCKY LEPRECHAUNS (Ages 4 to 6 years)

Join us for a magical St. Patrick’s Day adventure in Lucky Leprechauns! This themed program invites children to explore the world of leprechauns, shamrocks and rainbows through imagination, movement, and play. You can expect lot of laughter, discovery and a sprinkle of leprechaun luck.

Dates: Mondays, March 9th to March 23rd, 2026; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Allie

FESTIVAL FRENZY (Ages 3 to 5 years)

Calling all Kinders! Step into a world of new experiences and traditions. Your child will explore the fun of various festivals while learning about different cultures through group games, crafts, songs and more!

Dates: Tuesdays, March 10th and March 17th, 2026; 2 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!

SUNSHINE & SMILES (Ages 3 to 5 years) *NEW*

We will explore the magic of spring in this class while enjoying the wonders of friendship. Children will be able to shine in their own unique way and be the sunshine in their own day.

Dates: Tuesdays, March 10th and March 17th, 2026; 2 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Sabrina

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 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: Thursdays, March 12th to March 26th, 2026; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie



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 31st, April 1st & April 2nd, 2026; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitators: Miss Tanya & Miss Allie

*Spring
Break*

ONLINE Registration Opens at 12:00pm December 5th, 2025

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!

HIP HOP INTO SPRING (Ages 4 to 6 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. Your child will learn about budding plants, friendly critters and the transition from winter to spring through songs, games, and crafts.

Date: Mondays, April 13th and April 20th, 2026; 2 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

HAPPY HOPPERS (Ages 4 to 6 years) *NEW*

Spring is in the air and it's time for your little one to hop into learning and play. Inspired by blooming flowers, busy bunnies, chirping birds and playful frogs, your child will partake in songs, crafts, games and more. Let's grow, hop and flutter together in this joyful spring adventure!

Date: Mondays, April 13th and April 20th, 2026; 2 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Allie

ERIC CARLE (Ages 3 to 5 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: Tuesdays, April 7th to April 21st, 2026; 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!

FRIENDSHIP GARDENERS (Ages 3 to 5 years) ***NEW***

Children will learn about plants and their life cycles while we start to grow a garden of possibilities. We will learn how to foster friendships with our peers and how tending a plant and relationships are not that different.

Date: Tuesdays, April 7th to April 21st, 2026; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Sabrina

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?

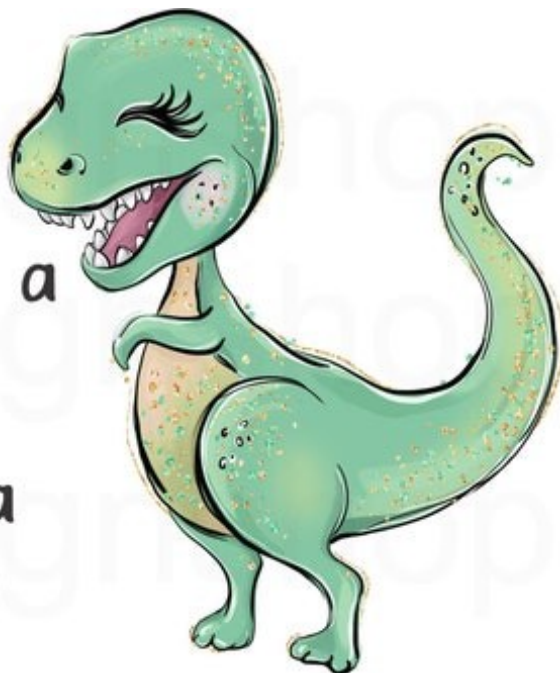
Date: Thursdays, April 9th and April 23rd, 2026; 2 sessions

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 5th, 2025

Please register early as classes fill up quickly!

Child & Youth Programs

Evenings

Please see our registration requirements on page 29 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 14th and January 21st, 2026, 2 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitators: Miss Erin

CALM AND COOL KIDS (Ages 8 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 11th to February 25th, 2026; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitators: Miss Erin

MARCH MINDFULNESS (Ages 8 to 12 years)

This class is all about connecting with yourself, finding peace in everyday experiences, and becoming self-aware. Through a variety of art activities, games and more, we will create an opportunity to view our world through a whole new lens.

Date: Wednesdays, March 11th to March 25th, 2026; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitators: Miss Erin

ONLINE Registration Opens at 12:00pm December 5th, 2025

Please register early as classes fill up quickly!

Child & Youth Programs

Evenings

Please see our registration requirements on page 29 for all programs!

DIY CREATIONS (Ages 6 to 12 years)

Is your child passionate about building or crazy about crafting? Well if so, this hands-on course will focus on giving them the building blocks they need to make their own marvelous creations out of anything! From popsicle stick catapults to homemade chalk, your child will engage in projects that will not only stimulate their imagination, but also foster skills around engineering, problem solving, and creativity.

Date: Wednesdays, April 8th to April 22nd, 2026; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitators: Miss Erin

*Be
Creative*

ONLINE Registration Opens at 12:00pm December 5th, 2025

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

HAPPY NEW YEARS (Ages 6 to 12 years)

Together we can countdown the hours in the day and set some goals for the New Year! With fun events happening each hour for countdown, this class is all about how we grow and the fun we can have creating vision boards for the upcoming year.

Date: Wednesday, January 28th, 2026 (PD Day both school boards); one class

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Erin

JR. CHEFS/MOVIE MARATHON (Ages 6 to 12 years)

Hey parents, do you have a future chef on your hands? Then have them join us for some crazy culinary creations! This hands-on program will help familiarize young chefs with food choices and delicious taste experiences from start to finish, while learning basic cooking skills and kitchen safety tips. We will end our day off with a movie marathon, where children can enjoy their tasty creations from the morning, as well as some popcorn and fun!

Date: Thursday and Friday, February 5th & 6th, 2025 (Teachers Convention)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Erin

BOARDGAME BONANZA (Ages 6 to 12 years)

From Pokémon to Pie Face, this class will allow your child to explore the world of board games. Board games are often underestimated and people don't realize how many valuable lessons they can teach children. Skills like reading, cooperation and critical thinking. In this class your child will experience and put into practice a plethora of valuable skills that will benefit them in their daily lives. Keep in mind these won't be your average board games. We will introduce them to tons of unconventional and hilarious new games.

Date: Friday, February 13th, 2026 (Catholic PD Day); one class

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Erin

Register online @www.stalbertfrc.ca

Child & Youth Programs

PD Days

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

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 6th, 2026 (Public PD Day); one class
Friday, March 13th, 2026 (Catholic PD Day); one class
Time: 9:30am - 3:30pm
Fee: FREE
Facilitator: Miss Erin



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 27th, 2026 (PD Day Both School Boards); one class
Time: 9:30am - 3:30pm
Fee: \$50 (members) \$75 (non-members)
Facilitator: Miss Erin

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 27th, 2026 (PD Day Both School Boards); one class
Time: 9:30am - 12:00pm
Fee: \$30 (members) \$50 (non-members)
Facilitator: Miss Allie

ONLINE Registration Opens at 12:00pm December 5th, 2025

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 27th, 2026 (PD Day Both School Boards); one class

Time: 1:30pm - 3:30pm

Fee: \$30 (members) \$50 (non-members)

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 30th to April 3rd, 2026; 5 days

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Erin

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 17th, 2026 (PD Day both school boards); one class

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Erin

ONLINE Registration Opens at 12:00pm December 5th, 2025

Please register early as classes fill up quickly!

Teen Programs

Saturdays

Please send a nut-free lunch and water bottle

EXPRESSIVE OUTLETS (Ages 11 to 13 years) *NEW*

Teenage years can be intense—full of emotions, questions, changes, and discoveries. With so much going on internally and externally, having healthy ways to express thoughts and feelings is essential. Expressive outlets give teens a safe space to explore who they are, process experiences, and build self-confidence—while learning new skills and deepening the ones they already have.

Date: Saturdays

Time: 10:00am - 4:00pm

Fee: FREE

Facilitators: Miss Erin

MONTHLY DATES & THEMES:

January 17th, 2026; 1 session (Photography)

February 21st, 2026; 1 session (Fashion Design & Sewing)

March 21st, 2026; 1 session (Coding)

April 18th, 2026; 1 session (Acting/Performance/Play Writing)

Love
yourself

ONLINE Registration Opens at 12:00pm December 5th, 2025

Please register early as classes fill up quickly!

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 15th, February 12th, March 12th, April 16th, 2026;
Individual sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Erin & Katelyn



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



*Provincial Family
Resource Networks*

**IN MY
TEENAGE
ERA**

ONLINE Registration Opens at 12:00pm December 5th, 2025

Please register early as classes fill up quickly!

Teen Programs from Kikosewin

Evenings

Please register online @www.stalbertfrc.ca

BEAR CUB COOKING CLUB (Ages 13 to 17 years)

Join us in the kitchen to cook, learn, and connect! In this hands-on program, youth will explore tasty recipes — from traditional favourites to new creations — while building skills and confidence. Come fill your belly and your spirit; there's always a spot for you at our table!

Date: Wednesdays, January 14th & 28th, 2026; 2 sessions
Wednesdays, February 11th & 25th, 2026; 2 sessions
Wednesdays, March 11th & 25th, 2026; 2 sessions
Wednesdays, April 8th & 22nd, 2026; 2 sessions

Time: 4:30pm - 6:00pm

Fee: FREE

Facilitator: Katelyn

Location: St. Albert FRC



SOAPSTONE CARVING (Ages 13 to 17 years)

Unleash your creativity and connect with natural materials as you carve your own unique design from soapstone. Learn traditional techniques and enjoy the calming, hands-on process of shaping stone into something meaningful to take home.

Date: Fridays, January 23rd, February 6th & 20th, 2026; Group One
Fridays, March 6th & 20th, April 17th, 2026; Group Two

Time: 5:00pm - 6:30pm

Fee: FREE

Facilitator: Katelyn

Location: St. Albert FRC

ONLINE Registration Opens at 12:00pm December 5th, 2025

Please register early as classes fill up quickly!

Teen Programs from Kikosewin

Evenings

Please register online @www.stalbertfrc.ca

YOUTH CROSS COUNTRY SKIING (Ages 13 to 17 years)

Discover the beauty of winter with Kikosewin and Spirit north as you glide through peaceful snowy trails and connect with nature on this guided cross-country ski adventure. Enjoy fresh air, stunning views, and a fun way to move and unwind outdoors. Caution if it's colder than -25°C with the wind chill or -20°C without we will be cancelling the program for that day.

Date: Thursdays, January 29th, February 26th, March 26th & April 23rd 2026;
individual sessions

Time: 5:00pm - 6:30pm

Fee: FREE

Facilitator: Katelyn

Location: River Lot 56



CLUBHOUSE (Ages 13 to 17 years) Drop-In Program

Find your place among friends at the Youth Clubhouse!

St. Albert's Youth Clubhouse is a free, fun and inclusive place for youth to drop in and enjoy programs and activities.

Date: Tuesdays, Starting January 6th, 2026

Time: 3:15pm - 5:15pm

Fee: FREE

Facilitator: Katelyn

Location: Akinsdale Clubhouse



ONLINE Registration Opens at 12:00pm December 5th, 2025

Please register early as classes fill up quickly!

Adult/Parenting Programs

**IF CHILD CARE IS REQUIRED, PLEASE REGISTER FOR OUR UN-PARENTED PROGRAM
WEDNESDAY WONDERS FOR 3-6 YEAR OLDS WHICH RUNS ON THE SAME DATES!**

COFFEE & CONNECTIONS (Registered monthly program) *NEW*

This program provides an opportunity for parents and caregivers to build social connections and share their thoughts and feelings regarding parenting in a safe and supportive environment. Let's enjoy a cup of coffee together, while we discuss parenting challenges, topics and so much more! From book clubs to different hobbies and passions we can build a sense of belonging and support with each other!

Dates: Wednesdays
January 14th to 28th, 2026; 3 sessions (**Early Literacy Book Club**)
February 11th to 25th, 2026; 3 sessions (**Acts of Kindness**)
March 11th to 25th, 2026; 3 sessions (**Types of Self-Care**)
April 8th and 22nd, 2026; 2 sessions (**Plant Swap**)

Time: 2:00pm - 3:00pm

Fee: FREE

Facilitator: Miss Tanya

MORNINGS WITH DAD (Ages 5 to 10 years)

This program provides a safe, inclusive and engaging environment to support you in being a better father figure. Through a combination of play and educational resources, our aim is to enhance father-child relationships, foster a sense of communication among fathers and equip them with the beginning of necessary tools for successful parenting.

Coffee and light snacks provided

Dates: Saturdays
January 24th, 2026; individual session
February 28th, 2026; individual session
March 28th, 2026; individual session
April 25th, 2026; individual session

Time: 10:00am - 12:00pm

Fee: FREE

Facilitator: Sam Tshuma of Paxxira Inc

ONLINE Registration Opens at 12:00pm December 5th, 2025

Please register early as classes fill up quickly!

Adult/Parenting Programs

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

CONNECT PARENTING GROUP

Connect is a 10-week program to support parents and caregivers of pre-teens and teens with behavioural and emotional problems. Parents meet in small groups with two trained group leaders for 90 minutes each week. Each session provides parents with a new perspective on parent-teen relationships and adolescent development. Parents watch role-plays and try exercises that encourage more choices for responding to their teens' difficult behaviour.

We understand that each child and each parent is different and change is part of development. Rather than teach only one way of parenting, we help parents to see alternatives in dealing with their teens in ways which support healthy relationships while setting limits and helping their teen to move forward. ~From the Connect Parenting Website

Group One: Parents with children 8 years to 13 years
Date: Tuesdays, January 13th to March 17th, 2026; 10 sessions
Time: 6:30pm-8:00pm
Location: Virtual
Facilitators: Brittany Rice & Karli Millsap

Group Two: Parents with children 13 years to 17 years
Date: Thursdays, January 15th to March 19, 2026; 10 sessions
Time: 6:00pm-7:30pm
Location: Hillgrove School
Facilitators: Maryann Da Silva & Terri Skinner

Parenting

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.

Adult/Parenting Programs

FIRST TIME PARENTS (0 to 6 months)

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, January 16th to February 6th, 2026; 4 sessions

Time: 10:15am-11:45am

Fee: FREE

Facilitator: Brittany Rice

Location: St. Albert Public Library



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 5th, 2025, @ 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



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.



Thank
for your
Donations

ONLINE Registration Opens at 12:00pm November 26th, 2025

Please register early as classes fill up quickly!