

BUZZFEED

WHAT'S BUZZIN' AT THE HUB?

DIRECTORS DESK

Dear Community Members,

As the leaves begin to turn and the air grows crisp, we welcome you to a new season at the St. Albert Family Resource Centre — a season of connection, growth, and possibility.

Fall is a time of transition. Children return to school, families settle into routines, and many of us seek new ways to connect, learn, and thrive.

At SAFRC, we believe that no family should feel alone, especially during times of change. Whether you're a new parent, a caregiver, a newcomer to our community, or simply looking for support — you belong here.

This season, we're excited to offer a wide range of programs designed to support families through every stage of life. From early childhood development and parenting workshops to mental health resources and community events, our Centre is a place where you are seen, heard, and valued.

We know that behind every door is a story — and behind every story is a need for connection. That's why our team is here: to walk alongside you, to celebrate your wins, and to offer a hand when things feel heavy.

Together, with the support of partners, we're building a community rooted in equity, dignity, and care — where children are empowered to succeed through every stage of development, and families are supported to thrive.

So, whether you're returning to the Centre or joining us for the first time, we invite you to come in, get involved, and make this season one of warmth, belonging, and hope.

With gratitude and excitement,
Linda Curley
Executive Director
St. Albert Family Resource Centre

FALL
NEWSLETTER

UPCOMING EVENTS

- Book Fair: November 3rd - 7th
- Boo Bash - October 30th
- Purdy's Chocolate Fundraiser - November 10th
- Exciting New Event: Stay Tuned!



DID YOU
KNOW?

DONATE | ❤️

Supporting the St. Albert Family Resource Centre through monthly giving is one of the easiest and most impactful ways to help local families thrive. To become a monthly donor, simply visit stalbertfrc.ca, click on the Donate button, and select the monthly giving option through CanadaHelps. Your generosity helps strengthen families and build a more connected, supported community—thank you for making a difference!

Click Here:
[DONATE MONTHLY](#)

THANK YOU!



COMMUNITY PARTNER CORNER

At the St. Albert Family Resource Centre, we're so grateful for the incredible support we receive from our community partners — and this month, we're excited to feature Home Depot!

Home Depot has shown outstanding generosity through the Orange Door Project (this year they were able to raise an amazing **\$7945.06** for the Centre) supporting initiatives that help strengthen families and communities. Locally, they've gone above and beyond for SAFRC — from donating soil and supplies to help our community garden grow, to now stepping in to support our upcoming Boo Bash!

Their commitment helps us create spaces where families can connect, learn, and thrive. We're proud to recognize Home Depot's contributions and the many ways they're helping make St. Albert a stronger, more vibrant community.

For More Info:

[CLICK HERE](#)



*Together,
We make a
Difference*

LOOKING FOR A
WAY TO HELP?

JOIN OUR TEAM
AND MAKE A
DIFFERENCE!

WISH
LIST

We have a wish list!

If you're able to support our programs, please consider donating an item from our

[wishlist!](#)

[CLICK HERE](#)



Are you looking for a fun and meaningful way to give back? The St. Albert Family Resource Centre is looking for volunteers to support our programs — and we'd love to have you on board!

Whether you enjoy working with children, staying organized, or just lending a hand wherever it's needed, we have a variety of volunteer opportunities available, including:

- *Assisting with children's programs*
- *Helping with light cleaning and tidying*
- *Supporting organization projects around the Centre*

Volunteering with us is a great way to stay connected to the community, gain experience, and be a part of the fun, family-friendly environment that makes SAFRC so special.

Have a few hours to spare? We'll work with your schedule!

For More Info:

[CLICK HERE](#)

Family Support Program



IT'S OKAY
to ASK
For HELP

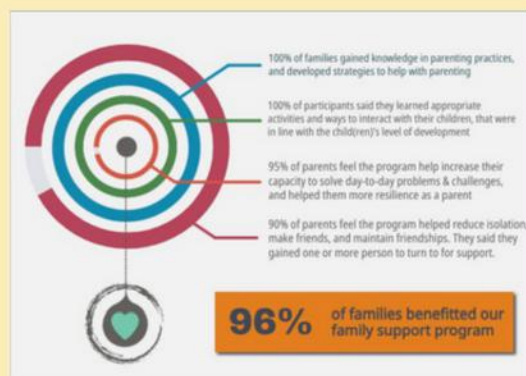


Family Support at SAFRC

Parenting comes with both joys and challenges—and no one should feel like they have to do it alone. At SAFRC, our Family Support Programs are here to walk alongside families with encouragement, resources, and a listening ear.

One way we do this is through Home Visitation. Our team meets families where they're at—offering tools, celebrating strengths, and building confidence. It's not about "checking up"—it's about connection and support.

Asking for help is a sign of strength. Don't let this opportunity pass—our Family Support team is here for you.



TO KEEP UP TO DATE WITH EVERYTHING HAPPENING AT SAFRC FOLLOW US ON OUR SOCIALS



[WWW.INSTAGRAM.COM/STALBERTFRC](https://www.instagram.com/stalbertfrc)

[WWW.FACEBOOK.COM/STALBERTFRC](https://www.facebook.com/stalbertfrc)

BOO BASH 2025

October 30th
10am-12pm & 1:30pm-3pm



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!

A FRIENDLY FIRST STOP



At SAFRC, we know that finding the right resources and support for your family can sometimes feel overwhelming. That's where our Family Navigator comes in!

The Navigator is here to walk alongside families, helping them find programs, services, and community supports that fit their unique needs.

Whether it's connecting you with parenting programs, community resources, or other helpful services in St. Albert and beyond, the Navigator is your guide to making things easier.

Think of the Navigator as a friendly first stop—someone who listens, understands, and points you in the right direction. This role exists to remove barriers, answer questions, and make sure families never feel like they're figuring things out alone.

National Day for Truth and Reconciliation



September 30 | 12 to 4 p.m.
Mission Park - Open to the Public

Join us at Mission Park to honour the survivors of and the children who never returned home from residential schools, as well as their families and communities.

Featuring:

- Honour Walk from Mission Park to Kâkēsīmōkāmīk/The Healing Garden
- Guest Speakers
- Performers
- Artists
- Exhibits
- Food Vendors



City of
St. Albert

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Start
Here

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TIPS FROM OUR COMMUNITY HEALTH NURSE



Measles Vaccine

- MMR-Var (Measles Mumps Rubella - Varicella) is routinely given at 12 months and again at 18 months
- If your child was born before 2018, they may have received their second dose of MMR-Var between the ages of 4-6
- Your child MAY be eligible for an early MMR vaccine between 6-12 months - please call a Public Health Center and speak to a nurse for assessment if wondering about this vaccine

If you are unsure if your child is up to date for immunizations, or if you want your child to be assessed for early MMR, please call your local Public Health Center.

St. Albert Public Health: # 780-459-6671

Miss Allie's Flatbread Recipe

IN THE KITCHEN WITH FRC

CHICKEN ALFREDO FLATBREAD

Ingredients:

- 1 cup Cooked Chicken
- 2-3 Tbsp. Alfredo Sauce
- Flatbread or Naan
- 2 Tbsp. Mozzarella Cheese
- 2 Tbsp. Parmesan Cheese
- 1/4 cup Spinach
- Olive Oil
- Salt and Pepper



Directions:

- 1) Preheat oven to 400 F
- 2) Place flatbread on parchment paper and brush with olive oil
- 3) Measure and spread alfredo sauce onto flatbread
- 4) Slice chicken and add to flatbread
- 5) Cut or tear spinach and add to flatbread
- 6) Grate cheese and sprinkle on top of chicken and spinach
- 7) Transfer parchment paper and flatbread onto baking sheet
- 8) Bake for 10-12 minutes or until cheese is melted
- 9) Remove from oven and let cool
- 10) Enjoy!



PD DAYS & HOLIDAYS

Public PD Days: September 29th, October 20th, November 7th, November 10th, December 5th

Catholic PD Days: September 19th, October 10th, November 7th, November 10th, December 5th
Catholic Fall Break: November 12th - 14th

National Truth & Reconciliation Day - September 30th

Thanksgiving Day - October 13th
Closed

Remembrance Day - November 11th
Closed

SAFETY FIRST

CARSEAT SAFETY



Primary Care
Alberta

Car Seats Save Lives!

Protect your child every ride, every time



It's the Law

Kids under 6 years and 18 kg (40 lbs.) must use a car seat.

The Edmonton Region Child Passenger Safety Working Group

yummm!