



# THE HUB

FAMILY RESOURCE CENTRE

## PROGRAM GUIDE

**Healthy Children, Healthy Families,  
Healthy Communities.**



# WELCOME TO THE HUB

At The Hub, we are dedicated to creating an intentional space where all families are not just welcomed but embraced. We are committed to fostering purposeful inclusion, ensuring an environment where everyone feels safe, valued and cared for.



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**THE HUB**  
FAMILY RESOURCE CENTRE

Free Child & Youth  
Programming

Drop-In Free Play

Parent & Baby Groups

Developmental  
Screenings

# ABOUT US

The Hub Family Resource Centre is a non-profit charitable organization that has been dedicated to serving families and communities across the Regional Municipality of Wood Buffalo since 2003. We provide free programs and services with the goal of supporting your family's needs throughout the different stages of child development.

Our aim is to develop healthy children, families and communities by providing free early learning, child development, and family support programs in our Fort McMurray centre and across the region in the rural communities with The Hub on Wheels.

We believe that families are entitled to the services that best meet their needs and that a child's development is dependent upon the strength of the parent/child relationship.

We also understand that your family's needs can change, which is why our programming supports different stages of early childhood development and our services can support you through various parenting challenges.

Join our community today for fun and interactive programs that have been designed to develop your child's independence and motor skills while encouraging educational interactions with you. We provide a safe place for you and your children to build your support system.



Join your family to  
us!

## CORE FUNDERS & SPONSORS:





**THE HUB**  
FAMILY RESOURCE CENTRE

**Resources & Support  
for Parents &  
Caregivers**

**Rural Community  
Supports**

**Family Access  
Services**

**Sensory Play Area**

# SYSTEM NAVIGATOR

Not sure which programs you are interested in? Looking for a referral to other resources in the community?

Book an appointment with our **Systems Navigator** to get connected with whatever best fits your family. For families with children ages 0 to 18 years old.

Email [frn@thehubfrc.ca](mailto:frn@thehubfrc.ca) or call 780.743.9225.



The Hub has completely changed mine and my children's lives for the better. Even if it is something as small as the staff giving the parents reassurance that we are doing the right things with the children, that helps a great amount. The amount of love and support my family had received from the staff has been unmatched!

We love THE HUB!

~ Hub Parent



## CHILD DEVELOPMENT OUTCOMES

**99%**

Agree their child has more opportunity to engage in social-emotional development

**96%**

Agree their children have more opportunities to develop independence

**92%**

Agree their child's development has improved because of parent-child play programs

\*Data from the 2023/2024 Stakeholder Survey






Join  
your child  
and engage  
in a fun, free,  
and social  
environment!



## DROP IN PLAY AT THE VILLAGE



Are you looking for a program that encourages play and offers opportunities to connect with other children and adults in the community?

**FEATURING:**

**SMS Equipment:** Indigenous Corner

**TD:** Rainbow Corner

**CEDA:** Sensory Room

**WOLF MIDSTREAM:** Program Room





The Hub Village features one-of-a-kind play structures and provides numerous creative and imaginative play opportunities for dramatic play, language and socialization. This unstructured play time (0 to 6 years) promotes active exploration and provides learning activities that support healthy child development. A child's best learning happens in the context of relationships.

The Hub Village is a safe and inclusive space - with specialized spaces tailored to meet the specific needs of some of our more vulnerable children while promoting values of community and acceptance, ensuring everyone has a place in the Hub Village.

Village Sponsors:



# FAMILY RESOURCE NETWORK

In Wood Buffalo, the **Family Resource Network (FRN)** offers inclusive and accessible, community-based programs that serve the entire family unit ages 0-18.

Our **Systems Navigator** will help connect your children and family to appropriate supports and ensure access to opportunities and resources for improved health, wellness and connection. Our family-focused programming is free and available for all Wood Buffalo residents living in both urban and rural communities.

The Family Resource Network promotes healthy environments and positive experiences during infancy, the early years of childhood and adolescence through inclusive and accessible family-focused, child and youth-centred, community-based programs.

Join us today to embark on a journey that nurtures your family's growth and development.

Not sure where to start?

Talk to our **Systems Navigator!**  
email [frn@thehubfrc.ca](mailto:frn@thehubfrc.ca).

Program partners:



**Wood Buffalo**



Program funded by:



**START HERE**



**Learn more**  
[thehubfrc.ca/frn](http://thehubfrc.ca/frn)

**Family  
Resource  
Network  
Roadmap**



**Family  
Connect:  
Home  
Visitation**

Ages 0-6



**System  
Navigator**

Connects you to  
programs and  
services



**Family  
Resilience  
Program**

Ages 7-18

**wjs Canada**  
strength in people

**Caregiver  
Education**

Families  
with  
children  
and teens  
ages 0-18



**Child  
Development  
& Social  
Connections**

Ages 0-6



**You Have  
Arrived!**

You are now  
connected to  
valuable  
community  
resources!

**CELEBRATE**

# HUB ON WHEELS

## RURAL COMMUNITY PROGRAMMING

The Hub on Wheels program travels to rural communities on a regular basis to provide strength-based, community programming aimed at supporting child and youth development, increasing family and community connection, and offering parent/caregiver support. Programming is free and open to all families with children ages 0-6.

The Hub on Wheels program works with local agencies and community members to ensure relevancy and accessibility, while tailoring programming to meet the needs of rural communities. Our goal is to ensure children in rural communities have access to free programming and positive experiences in a fun, safe and healthy environment while they continue to learn and grow.

Check out upcoming **Hub on Wheels** program schedules in your community!



Funded by:



The Hub programming gives me something to look forward to each week and motivates us to get out of the house (especially through winter)! The connection to other moms has been so good for my mental health and I enjoy bringing my son to meet other kids."

~ Hub on Wheels Parent





# PROGRAM AREAS MAP



Proudly serving rural communities across the Wood Buffalo Region

 FORT MCMURRAY  
*The Hub's Family Resource Centre*

 FORT CHIPEWYAN

 FORT MCKAY

 FORT MCMURRAY  
FIRST NATION #468

 ANZAC  
*The Hub's Family Resource Centre*

 JANVIER

 CONKLIN



## COMMUNITY SPONSORS:



# FAMILY ACCESS SERVICES

Empowering families to foster safety in the face of challenges

## SAFE VISITATION AND EXCHANGE

The Hub's Safe Exchange and Safe Visitation Services support families navigating custody and supervised access arrangements by providing a safe, secure and neutral setting, bringing peace of mind to those involved. These are free services for families who may have experienced family violence, custody issues, or those living with a substance use disorder.

### SAFE VISITATION

Safe Visitation allows children to visit parents or caregivers in a safe, comfortable and supervised setting and eliminates the need for caregivers to come in contact with one another. Supervised visits, facilitated by trained staff, help children retain or build relationships with caregivers during times of uncertainty while addressing safety concerns for all family members.

### SAFE EXCHANGE

Safe Exchange facilitates a safe and conflict-free exchange of children between parents and/or caregivers. We provide a comfortable, neutral setting that maintains a no contact transfer of custody and avoids interactions between caregivers and unnecessary stress to the family. Only the exchange of a child is monitored; the parenting time between the child and caregiver happens off-site without supervision.



# WHAT TO EXPECT

The timeline to enter services ranges based on how quickly each caregiver schedules an intake. You should expect that the process will take at least two weeks.

1

## Schedule an Intake

Each caregiver will attend an intake meeting separately. During the initial meeting, we will collect the necessary information from you and explain how the program works.

2

## Child Intake

Once both caregivers have completed an intake, we may request that the child come in to see the space and make sure they feel comfortable during the service.

3

## Risk Assessment

After you have signed the release of information form, we will contact the RCMP and Children's Services to do a risk assessment and ensure that our services are a good fit.

4

## Scheduling

Next, we determine if we are able to provide the services that will fit your needs. We will also request each caregiver to provide their availability and preferred days to visit or exchange.

5

## Time to Visit or Exchange

Once all of the above steps have been completed, we will begin scheduling visits or exchanges.



# PARENT & CAREGIVER SUPPORTS

## TRIPLE P POSITIVE PARENTING PROGRAM (AGES 2-16)

Triple P is a flexible parenting and family support program that helps caregivers learn practical strategies to handle difficult situations. Whether it's toddler tantrums, bedtime struggles, conflicts between parents and children or children with additional needs, like mental health challenges.

Though it's a parenting program, it doesn't tell you how to parent. Think of it as a toolbox filled with ideas—you pick the strategies that work best for your family.

The Triple P program is approximately four sessions and offered free to parents and caregivers in Fort McMurray and the surrounding rural areas.

## CIRCLE OF SECURITY (AGES 0-18)

Circle of Security is an eight-week program designed to assist parents in providing their children with the emotional support needed to develop secure attachment, resilience and enhance school readiness.

Learn ways to help your child organize their feelings, enhance their self-esteem, support their exploration in the world, and help you read and respond to your child's cues and build a secure relationship with your child.

## KIDS HAVE STRESS TOO! (AGES 4-18 YEARS)

Kids Have Stress Too gives parents and caregivers tools to better understand stress and to help their child(ren) respond to it in a healthy way. If children can learn to respond to stress in a healthy and constructive way early on, they will be more resilient and better able to cope with whatever life sends their way.







## **Raising children and teens is not an easy job. We are here to help!**

The Hub Family Resource Centre offers a variety of flexible parenting programs that provide practical tools to help you manage everyday family life and raise happy, healthy children. We also create opportunities for parents to meet other parents and share their experiences, build new friendships and create support networks.

# PARENT & CAREGIVER SUPPORTS

## AGES & STAGES DEVELOPMENTAL SCREENING

ASQ Developmental Screening is a snapshot of your child's development focusing on key areas of early development like communication, social skills, motor skills, and problem-solving. It can help identify your child's strengths, uncover new milestones to celebrate, and reveal any areas where your child may need support. It also helps you understand how your child is developing and provides tools to help encourage your child to continue building new skills. The ASQ is also a useful tool for you to share with doctors and educators to plan next steps when it makes the most difference—your child's critical first years of life.

The Hub offers this screening FREE of charge in a convenient, fast, and easy-to-use online tool that calls for your unique perspective on how your child behaves and performs skills in natural settings like your home. The ASQ screeners are sets of valid, reliable, and age-appropriate questionnaires that are filled out by the true expert on your child—you!

For more information or to complete an **ASQ Screening Online**, scan here!



## CEDA SENSORY ROOM

The CEDA Sensory Room is designed for any child who would benefit from a sensory environment, including neurodiverse children. The room can be booked by one family at a time (for 30 minute bookings) and parents/caregivers must remain in the room with their children at all times.

Book the CEDA Sensory Room at [thehubfrc.ca/sensory](https://thehubfrc.ca/sensory).

## CROSS CULTURAL PARENTING

For many newcomer/immigrant parents, cross-cultural parenting can present unique challenges.

This program is designed to promote healthy family life, encourage active participation in community and help newcomer parents cope with parenting challenges in a new country and culture. Caregivers will learn practical skills to support their child's development and build resilience in a multicultural environment, while also providing opportunity to connect with other caregivers in a safe and supportive environment.

This five-session program is free and available to all newcomer parents, grandparents, and live-in caregivers with language and cultural barriers. Language supports and childcare are provided upon request.

## NOBODY'S PERFECT

Nobody's Perfect is a facilitated parenting program for parents of children from birth to age five. This program is offered to meet the needs of parents who are young, single, socially or geographically isolated, or who have low income or limited formal education. Nobody's Perfect is offered in Fort McMurray and surrounding rural communities to help support parents and young children.

## THE NANNY NETWORK

The Hub's Nanny Network supports live in/out caregivers in Fort McMurray, including newcomers. Caregivers have the opportunity to meet others for quarterly networking and mentorship in a safe environment, and learn skills in topics such as health & well-being, community resources, immigration information and child development.

For information, visit [thehubfrc.ca/nannynetwork](http://thehubfrc.ca/nannynetwork).



# PARENT & CAREGIVER SUPPORTS

## BRINGING BABY HOME

Big changes happen when children come along! This four-week evening series is offered for expectant couples and couples with children 0-18 months.

Learning how to stay connected as a couple and finding healthy ways to solve problems are important to happy and healthy relationships that last. Take some time out to connect with your partner and practice skills that you can use for a lifetime.

- ✓ Staying connected with your partner
- ✓ Building an emotional bank account
- ✓ The four steps of constructive problem solving
- ✓ The importance of fathers; creating shared meaning

## MOMS MATTER

This is a support group for expectant and new moms, giving them a safe and encouraging space to learn strategies to help through the ups and downs of motherhood.

*For new and expecting moms and children 0-12 months.*

The Hub programs are often tailored to meet demand and may be offered in group formats or one-on-one settings. Schedules may vary throughout the year. Please contact us for more information on specific program offerings and upcoming schedules.







## **PARENT AND BABY CLASSES**

You and your baby can share fun and memorable moments together in our parent and baby classes. Topics rotate throughout the year and may include infant massage, baby sign language, rhymes and songs, sensory and messy play, parent and baby yoga and much more!



## WEEKLY PROGRAMMING

Our downtown location is literally a HUB of activity - each week we offer a variety of programming and special events! Music Play, Art & Sensory, Tiny Movers, Bitty Babies and Little Learners are just a few of our more regular weekly offerings.

Program offerings change each week depending on the time of the year and based on demand. Weekly programming is by registration one week in advance and first-come, first-served. Programs often fill quickly so registration is highly recommended.

Register for our upcoming  
**Weekly Programming** here!





## OUR ANZAC LOCATION

Located within the Anzac Recreational Centre, our Anzac location provides families living in Anzac, Fort McMurray First Nation #468 and Gregoire Lake Estates access to a fun learning and play space. We offer many of the same popular programs as our downtown Fort McMurray location, such as Free Play, Child Development and Parenting programs. We also have specialized learning spaces tailored to meet the needs and requests of families in nearby communities.

Check out our weekly programming schedule at [thehubfrc.ca/anzac](http://thehubfrc.ca/anzac).



## MULTICULTURAL POTLUCK

At the Hub, we celebrate a new culture each month, highlighting events like National Indigenous History Month, Eid, or Lunar New Year. Our goal is to build understanding and bring people together.

Through fun programs with traditional foods, cultural activities, and chances to connect, we create meaningful experiences for families.

By joining these events, families can enjoy different traditions and build lasting friendships with people from many backgrounds. This program helps create a more accepting and culturally aware community that values Alberta's unique diversity.





**THE HUB**  
FAMILY RESOURCE CENTRE



## CONTACT US



**W:** [thehubfrc.ca](http://thehubfrc.ca)

**E:** [inquiries@thehubfrc.ca](mailto:inquiries@thehubfrc.ca)

**P:** 780.743.9225

### Location:

Shell Place West Entrance  
1 C. A. Knight Way  
Fort McMurray, AB

### Hours of Operation:

9 am - 12 pm & 1 pm - 4 pm

### Thank you to our Partners:



REGIONAL MUNICIPALITY  
OF WOOD BUFFALO



United Way  
Fort McMurray

