

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



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

# SPRING 2025 MAY & JUNE PROGRAM GUIDE

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

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

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•HELLO•  
*spring*

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 EARLY LEARNING PROGRAMMING JUNE 23<sup>rd</sup> to JUNE 27<sup>th</sup>, 2025**

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**Get your Family Membership for *only* \$10/family  
Membership valid until December 31st, 2025**  
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**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](mailto:navigator@stalbertfrc.ca)**

*hello*  
**SPRING**

**ONLINE Registration Opens at 12:00pm March 12<sup>th</sup>, 2025**

**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 May 5<sup>th</sup>)

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

**Ages:** 0 - 5 years

**Fee:** FREE

**Facilitators:** Miss Shay & Miss Sabrina

**\*NO CLASS May 19<sup>th</sup>, 2025\***

**Date:** Fridays (Starting May 2<sup>nd</sup>)

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

**Ages:** 0 - 5 years

**Fee:** FREE

### **BABY IN BLOOM (Ages 0 to 12 months)**

In this program we will explore the changes and milestones of your baby as they bloom with you on your journey through parenthood. Through new activities and special keepsakes, you will build lasting connections with your littles that will last a lifetime. **\*\*Note: An un-parented program for ages 3-5 years runs at the same time for those parents with an older child wanting to attend!\*\***

**Date:** Tuesdays, May 6<sup>th</sup> to May 20<sup>th</sup>, 2025; 3 sessions

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

**Fee:** FREE

**Facilitator:** Miss Shay



**ONLINE Registration Opens at 12:00pm March 12<sup>th</sup>, 2025**

**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\***

### **BABY IN BLOOM (Ages 12 to 18 months)**

In this program we will explore the changes and milestones of your baby as they bloom with you on your journey through parenthood. Through new activities and special keepsakes, you will build lasting connections with your littles that will last a lifetime. **\*\*Note: An un-parented program for ages 3-5 years runs at the same time for those parents with an older child wanting to attend!\*\***

**Date:** Tuesdays, May 6<sup>th</sup> to May 20<sup>th</sup>, 2025; 3 sessions

**Time:** 2:30pm - 3:30pm

**Fee:** FREE

**Facilitator:** Miss Shay



### **BUZZING BUILDERS (Ages 18 months to 3 years)**

Join your tiny builder in this fun and exciting class where your little engineer will explore new and exciting building materials. We will be using some loose parts play to enhance this program, which will hopefully inspire some activities you can do at home. Can we build it? Yes we CAN!

**Date:** Tuesdays, May 6<sup>th</sup> to May 20<sup>th</sup>, 2025; 3 sessions

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

**Fee:** FREE

**Facilitator:** Miss Sabrina



# Let's Build

**ONLINE Registration Opens at 12:00pm March 12<sup>th</sup>, 2025**

**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\***

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

Children will love creating tasty treats that they can enjoy themselves or share with some-one else. With a little help, your child will discover a variety of “kid” friendly recipes in a highly interactive baking experience. \*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, May 8<sup>th</sup> OR May 15<sup>th</sup>, 2025; individual sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Tanya



### NATURE'S LITTLE EXPLORERS (Ages 0 to 12 months)

Join us at Lion's Park to explore nature through stroller walks, art, songs and sensory play. Make sure to dress for the weather!

Date: Tuesdays, June 3<sup>rd</sup> to June 17<sup>th</sup>, 2025; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Shay

### NATURE'S LITTLE EXPLORERS (Ages 12 to 18 months)

Join us at Lion's Park to explore nature through stroller walks, art, songs and sensory play. Make sure to dress for the weather!

Date: Tuesdays, June 3<sup>rd</sup> to June 17<sup>th</sup>, 2025; 3 sessions

Time: 2:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Shay



**ONLINE Registration Opens at 12:00pm March 12<sup>th</sup>, 2025**

**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\***

### **ART IN THE PARK (Ages 18 months to 3 years)**

Come and join us for some outdoor fun! Your littles will love creating masterpieces with chalk, paint and so much more all while enjoying the fresh air outside! Make sure you dress for a mess!

**Date:** Tuesdays, June 3<sup>rd</sup> to June 17<sup>th</sup>, 2025; 3 sessions

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

**Fee\*\*:** FREE

**Facilitator:** Miss Sabrina

### **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.

**Date:** Thursdays, June 5<sup>th</sup> OR June 12<sup>th</sup> OR June 19<sup>th</sup>, 2025; Individual sessions

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

**Fee:** FREE

**Facilitator:** Miss Allie



**ONLINE Registration Opens at 12:00pm March 12<sup>th</sup>, 2025**

**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!\***

## **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:** Thursday  
**Time:** 9:30am - 11:30am  
**Fee:** FREE  
**Facilitators:** Miss Shay & Miss Sabrina

## **WEEKLY THEMES:**

### May

#### **Sensational Spring**

1<sup>st</sup> Garden Tea Party  
8<sup>th</sup> Buzzing Beehive  
15<sup>th</sup> Floral Fiesta  
22<sup>nd</sup> Bug-ging Out  
29<sup>th</sup> Spring Fling

### June

#### **Adventure Awaits**

5<sup>th</sup> Happy Campers  
12<sup>th</sup> Jungle Safari  
19<sup>th</sup> Outdoor Oasis  
26<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!\***

### 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:

May 9<sup>th</sup>, 2025; "Barnyard Dance"

May 23<sup>rd</sup>, 2025; "Rumble in the Jungle"

June 6<sup>th</sup>, 2025; "Dragon Tales"

June 13<sup>th</sup>, 2025; "Unicorn Magic"

LIFE IS *Good*  
ESPECIALLY ON A  
*Friday*

**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!\***

### **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, a doctor, or maybe even a teacher! Let them decide for themselves what they want to be.

**Date:** Mondays, May 5<sup>th</sup> AND May 12<sup>th</sup>, 2025; 2 sessions

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

**Fee:** FREE

**Facilitator:** Miss Allie

### **FUN WITH ABC's & 123's (Ages 3 to 5 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.

**Date:** Tuesdays, May 6<sup>th</sup> to May 20<sup>th</sup>, 2025; 3 sessions

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

**Fee:** FREE

**Instructor:** Miss Allie

### **FAIRY FESTIVAL (Ages 3 to 5 years)**

Come explore the magic of fairies and the power of believing in ourselves! Children will enter a world of enchantment through fantastical stories of fairies all while learning through play and exploration. Grab your fairy wings and jump on in!

**Date:** Tuesdays, May 6<sup>th</sup> to May 20<sup>th</sup>, 2025; 3 sessions

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

**Fee:** FREE

**Facilitators:** Miss Sabrina

**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!\***

### **DR. SEUSS ON THE LOOSE (Ages 4 to 6 years)**

The Cat in the hat is at it again! Let your child explore the many wild adventures of Cat and his friends through group games, crafts and much more! You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose!

- Dr. Seuss.

**Date:** Thursdays, May 8<sup>th</sup> to May 22<sup>nd</sup>, 2025; 3 sessions

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

**Fee:** FREE

**Facilitator:** Miss Allie

### **RAINDROPS & RAINBOWS (Ages 4 to 6 years)**

Together let's explore friendship and the magic of rainbows through cooperative games, stories, crafts and so much more! "A rainbow of friends is a dream we can share where everyone's treated with kindness and care". - (P.K Hallinan)

**Date:** Mondays, June 2<sup>nd</sup> to June 16<sup>th</sup>, 2025; 3 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, June 3<sup>rd</sup> to June 17<sup>th</sup>, 2025; 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

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

### CITRUS CUTIES (Ages 3 to 5 years)

Join us for a sweet and sour sensory sensation of all things citrusy! We will engage in learning through play activities and loose parts play, allowing your child to explore their 5 senses. So grab a cup of lemonade and pull up a chair in our lemonade café!

**Date:** Tuesdays, June 3<sup>rd</sup> to June 17<sup>th</sup>, 2025; 3 sessions

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

**Fee:** FREE

**Facilitators:** Miss Sabrina



### GARDEN GNOMES (Ages 4 to 6 years)

Get into some mischievous fun! Come explore how a little itty bitty seed can turn into a full grown plant or flower. Your child will be introduced to gardening and nature all through stories, songs, activities & crafts. Be prepared to get your hands dirty and have some fun...you never know when those pesky little gnomes will show up!

**Date:** Thursdays, June 5<sup>th</sup> AND June 12<sup>th</sup>, 2025; 2 sessions

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

**Fee:** FREE

**Instructor:** Miss Tanya



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

## **Child & Youth Programs**

### **Evenings**

#### **ENDLESS IMAGINATION (Ages 6 to 12 years)**

Imagination and silliness come alive in this class. If your child is artistically inclined or just enjoys expressing themselves, this is the class for them.

**Date:** Wednesdays, May 7<sup>th</sup> to May 21<sup>st</sup>, 2025; 3 sessions

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

**Fee:** FREE

**Facilitator:** Miss Natasha

#### **FUN IN THE SUN (Ages 6 to 12 years)**

Come on a sunny adventure with us! Through games, crafts, summer bucket lists and more, we will have a fun filled time together. Make sure to dress for a mess just in case we get a little bit crazy!

**Date:** Wednesdays, June 4<sup>th</sup> to June 18<sup>nd</sup>, 2025; 3 sessions

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

**Fee:** FREE

**Facilitator:** Miss Natasha



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

#### HARRY POTTER DAY (Ages 6 to 12 years)

Come join in as we explore all the magical delight of the Harry Potter world! Through science experiments, crafts, games and so much more your child will have a blast on Harry Potter Day! "It matters not what someone is born, but what they grow to be."

~ Albus Dumbledore

Date: Friday, May 16<sup>th</sup>, 2025 (Catholic & Public School PD Day)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Natasha

The logo for Harry Potter, featuring the words "Harry Potter" in a stylized, gothic-style font.

#### LIKES & LAUGHS (Ages 10 to 12 years)

Come make some friends and become a better one too. In this program we will play games and interact while learning all about what it takes to be a better friend and how to create better friendships. All skills will be taught through interactive and thought provoking activities. And the best part is kids won't even know they are learning.

Date: Monday, June 2<sup>nd</sup>, 2025 (Public School PD Day)

Monday, June 9<sup>th</sup>, 2025 (Catholic PD Day)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Natasha

*Life is better  
when you're  
laughing*

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

### **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, June 27<sup>th</sup>, 2025 (Catholic & Public No School)

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

**Fee:** \$30.00

**Facilitator:** Miss Natasha

### **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.

**\*Please bring a nut-free snack and water bottle\***

**Date:** Friday, June 27<sup>th</sup>, 2025 (Catholic & Public No School)

**Time:** 9:30am - 12:00pm

**Fee:** \$15

**Facilitator:** Miss Allie

*stay safe* ♥

**ONLINE Registration Opens at 12:00pm March 12<sup>th</sup>, 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)**

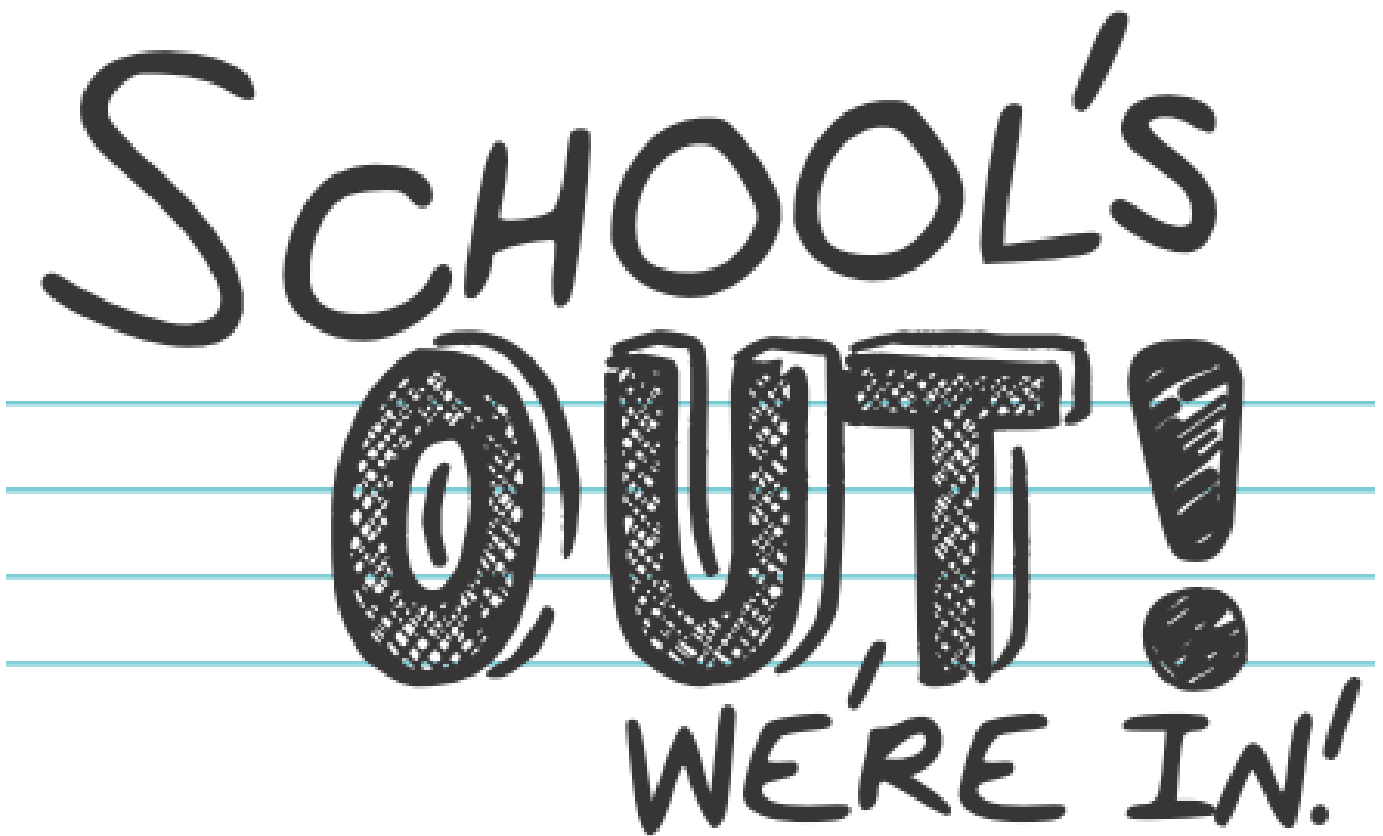
Parents know that teaching their children about stranger danger is important, but many are unsure of how to approach the subject while not scaring their children at the same time. Through an interactive DVD, this course will help your child understand the how's and the why's of staying safe by providing 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. **\*Please bring a nut-free snack and water bottle\***

**Date:** Friday, June 27<sup>th</sup> 2025 (Catholic & Public School)

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

**Fee:** \$15

**Facilitator:** Miss Allie



**ONLINE Registration Opens at 12:00pm March 12<sup>th</sup>, 2025**

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

# Teen Programs

## Evenings

\*Please register online @[www.stalbertfrc.ca](http://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, May 1<sup>st</sup>, June 5<sup>th</sup>, 2025; individual sessions

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

**Fee:** FREE

**Facilitator:** Natasha & Katelyn



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



*Alberta*  *Provincial Family  
Resource Networks*

YOU ARE  
*enough*

**ONLINE Registration Opens at 12:00pm March 12<sup>th</sup>, 2025**

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

# Kikosewin Teen Programs

## Evenings

\*Please register online @[www.stalbertfrc.ca](http://www.stalbertfrc.ca)\*

### MINDFUL SELF-CARE JOURNEY (Ages 13 to 17 years)

Transform your approach to self-care in this interactive workshop! Discover personalized strategies for well-being while creating meaningful connections with others. You'll leave with practical tools and custom care packages that celebrate both self-nurture and giving.

Dates: Thursdays, May 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>, 2025; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Katelyn

### CREATIVE BEAD LOOMING ADVENTURE (Ages 13 to 17 years)

Dive into the colorful world of bead looming! Learn to weave intricate patterns and create stunning accessories in the engaging workshop. Whether your crafting keychains or bracelets, you'll master techniques that blend traditional craft with contemporary style.

Dates: Thursdays, June 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>, 2025; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Katelyn



*Provincial Family  
Resource Networks*

**ONLINE Registration Opens at 12:00pm March 12<sup>th</sup>, 2025**

**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 May 7<sup>th</sup>, 2025)

Time: 9:30am - 11:30am

Fee: FREE

J4P Facilitator: Brittany Rice

J4P Care Facilitators: Miss Shay & Miss Sabrina

## WEEKLY TOPICS:

### MAY

7<sup>th</sup> Building Confidence & Fostering Independence

14<sup>th</sup> Navigating Disappointment

21<sup>st</sup> Social Media Perspectives of Parenting

28<sup>th</sup> Internet Safety

### JUNE

4<sup>th</sup> Serve & Return

11<sup>th</sup> Self-Care as Parents

18<sup>th</sup> Bucket Lists for Summer

25<sup>th</sup> **NO CLASS**

## 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: Wednesdays, April 9<sup>th</sup> to May 14<sup>th</sup>, 2025; 6 sessions

Time: 10:15am-11:45am

Fee: FREE

Facilitator: Terri Stewart



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



## 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**

**PLEASE NOTE WE HAVE AN UN-PARENTED PROGRAM FOR AGES 3-5 YEARS  
RUNNING AT THE SAME TIME IF YOU NEED CHILDCARE**

### **INTRODUCTION TO TRIPLE P**

Different people and places are talking about Triple P. Have you ever wondered what Triple P stands for and what it is all about? Learn more about Triple P and how it can work for you and your family. You can make your home a more peaceful environment. This workshop provides information, teaches strategies and gives you the opportunity for connection with other parents and the facilitator to talk about your favourite subject—Your child!

**Date:** Tuesday, May 6<sup>th</sup> 2025  
**Time:** 1:30pm - 3:30pm  
**Fee:** FREE  
**Facilitator:** Maryann Da Silva

### **SETTING LIMITS WITH YOUR CHILD**

Setting limits with your child is important but can be tough. Join us for a presentation and discussion about why children need limits, the challenges of limit setting and explore strategies in setting effective limits. This is also a great time to connect with other parents as they navigate through parent hood.

**Date:** Tuesday, June 10<sup>th</sup> 2025  
**Time:** 1:30pm - 3:30pm  
**Fee:** FREE  
**Facilitator:** Terri Skinner

Parenting.

**ONLINE Registration Opens at 12:00pm March 12<sup>th</sup>, 2025**

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

## 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:**

May 12<sup>th</sup> 2025; Strength & Struggles of single Parenting

May 26<sup>th</sup>, 2025; Exploring Healthy & Unhealthy Relationships

June 9<sup>th</sup>, 2025; Self-Care

June 23<sup>rd</sup>, 2025; Importance of Play



**FREE CHILDCARE**

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

## **Registration Information**

- Online registration opens at 12:00pm on March 12<sup>th</sup>, 2025, @ [www.stalbertfrc.ca](http://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 waitlist.

## **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

### 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.

### PARENT COACH PROGRAM (ages 7-17)

A Parent Coach will meet with families and provide assistance on a short-term basis, providing support and mentorship through challenges. This program is open to all families, and includes:

- Mentorship through challenges
- Support built on your existing strengths
- Increased knowledge that can be applied to your day-to-day life
- Improved relationships with your family, peers, and community

### HEALTH FOR TWO PROGRAM (pregnancy - 2 months postpartum)

Prenatal education & community resources to women during their pregnancy and following the birth of their baby. Designed for women who may face social or economic risks to a healthy pregnancy, including:

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

This program is delivered one-on-one by a Family Educator and includes a range of services, such as:

- Education on pregnancy, birth, baby care and parenting (including pregnancy and parenting options)
- Support and referrals to community supports, such as maternity care, mental health, addictions, housing, food security
- Resources may include milk coupons and prenatal vitamins, and bus tickets for doctor appointments

