

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



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

SPRING 2026 MAY & JUNE PROGRAM GUIDE

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

780-459-7377 / www.stalbertfrc.ca

Table of Contents

	Page
Family Membership & Outreach info.....	3
Special Events.....	4-5
Early Childhood Parented Programs.....	6-10
Early Childhood Un-Parented Programs.....	11-17
Child & Youth.....	18-22
Teens.....	23-25
Adult Parenting/Dad Programs.....	26
Registration info & Cancellation Policy.....	28
Family Support Programs.....	29-30
Donation Information.....	31

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 EARLY LEARNING PROGRAMMING
JUNE 29th to JULY 3rd, 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

Hello
SPRING

ONLINE Registration Opens at 12:00pm March 25th, 2026

Please register early as classes fill up quickly!

ASQ Fair



PLAY DAY

**Free \$5
Gift
Card**

*with completed ASQ screening

Prizes & Draws

**Meet Bluey
& Chase**

**Ages 0 - 6
years**



**Join us for a FREE day,
full of fun interactive
activities & more!**

Do you have questions about your child's development? Have your child screened with the ASQ developmental screening tool!

**May 12th
10am-2pm
Servus Place**





June 19 & 20, 2026
St Vital Ave, St Albert



INFO BUILD DAYS

RSVP on Website for Feb 7 or May 2
on Saturday from 3-5 @ Fountain Tire

INSPECTION DAY

Saturday, June 13th from 11-2pm
at Naki Transit Centre Parking Lot
18920 Campbell Road NW, Edmonton



Open to kids aged 6-14 years
Fun & Entertainment for all ages!

Registration forms available online (we've gone paperless)
Visit: StAlbertSoapBoxDerby.ca for more details

More info at Info@stalbertsoapboxderby.ca
and Race HQ Fountain Tire St. Albert



 @stalbertsoapboxderby  #stalbertsoapboxderby

To find out more, or to register please reach out to our Navigator!

navigator@stalbertfrc.ca

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 4th)

Time: 9:30am - 11:30am

Ages: 0 - 5 years

Fee: FREE

Facilitators: Miss Katie & TBA

NO CLASS May 18th, 2026

Date: Fridays (Starting May 8th)

Time: 9:30am - 11:30am

Ages: 0 - 5 years

Fee: FREE

TINY BEGINNINGS: THE FIRST SIX (Ages 0 to 6 months)

The first six months of your baby's life are filled with incredible change for both of you. Tiny Beginnings: The First Six is a nurturing program designed especially for parents and their infants aged 0-6 months. This is more than a baby group. It's a space to connect, learn, share, and grow together. Your little one will enjoy soft sensory play, soothing songs, tummy-time encouragement, and opportunities to observe and engage with other infants in a calm, developmentally supportive setting.

****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: Mondays, May 4th and May 11th, 2026; 2 sessions

Time: 1:30pm-2:30pm

Fee: FREE

Facilitator: Miss Katie



ONLINE Registration Opens at 12:00pm March 25th, 2026

Please register early as classes fill up quickly!

Early Childhood Parented

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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! ****Note: Please only sign up for one set of sessions!****

Date: Mondays, May 4th and May 11th, 2026; 2 sessions

Time: 1:30pm-2:30pm

Date: Tuesdays, May 5th and May 19th, 2026; 2 sessions

Time; 10:00am-11:00am

Date: Wednesdays, May 6th to May 20th, 2026; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: TBA

BABY IN BLOOM (Ages 6 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 5th and May 19th, 2026; 2 sessions

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

Fee: FREE

Facilitator: Miss Katie



ONLINE Registration Opens at 12:00pm March 25th, 2026

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Early Childhood Parented

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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. ****Note: 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.****

Date: Thursdays, May 7th to May 21st, 2026; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Tanya



ONLINE Registration Opens at 12:00pm March 25th, 2026

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

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****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, June 1st to June 15th, 2026; 3 sessions

Time: 1:30pm-2:30pm

Fee: FREE

Facilitator: Miss Katie

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! ****Note: Please only sign up for one set of sessions!****

Date: Mondays, June 1st to June 15th, 2026; 3 sessions

Time: 1:30pm-2:30pm

Date: Tuesdays, June 2, 2026th to June 16th, 2026; 3 sessions

Time; 10:00am-11:00am

Date: Wednesdays, June 3rd to June 17th, 2026; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: TBA

Location: Lion's Park



ONLINE Registration Opens at 12:00pm March 25th, 2026

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

NATURE'S LITTLE EXPLORERS (Ages 6 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 2nd to June 16th, 2025; 3 sessions

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

Fee: FREE

Facilitator: Miss Katie

Location: Lion's Park

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! **Note: 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.**

Date: Thursdays, June 4th to June 18th, 2026; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Allie



ONLINE Registration Opens at 12:00pm March 25th, 2026

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!

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

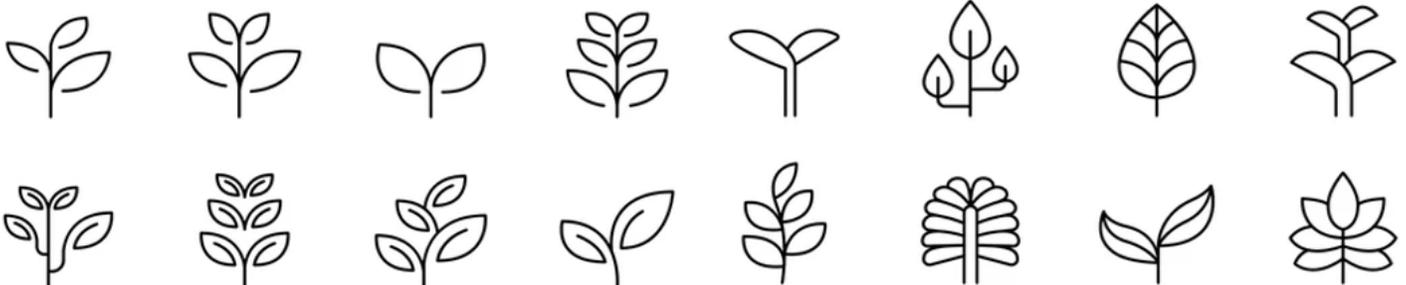
Fee: FREE

Facilitators: Miss Katie

MONTHLY DATES & THEMES:

May 6th to May 20th, 2026; 3 sessions (Little Sprouts)

June 3th to June 17th, 2026; 3 sessions (Little Explorers)



Early Childhood Requirements:

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

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 Katie & TBA

WEEKLY THEMES:

May
Sensational Spring

7th Bugging-Out
14th Buzzing Beehive
21st Spring Fling

June
Hug Bug Club

4th Happy Campers
11th Jungle Safari
18th Outdoor Oasis

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 8th, 2026; (Barnyard Dance)

May 22nd, 2026; (Rumble in the Jungle)

June 5th, 2026; (Dragon Tales)

June 19th, 2026; (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!

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, May 4th and May 11th, 2026; 2 sessions

Time: 9:30am -11:30am

Fee: FREE

Facilitator: Miss Allie

PUDDLES & PETALS (Ages 4 to 6 years)

Puddles and Petals provides a nurturing, playful environment where little learners can discover how rain helps flowers grow, how colors come together to make rainbows and how spring brings new life all around us. Let's celebrate the magic of the spring season - one puddle jump and petal at a time.

Date: Mondays, May 4th and May 11th, 2026; 2 sessions

Time: 1:30pm -3:30pm

Fee: FREE

Facilitator: Miss Allie

DR. SEUSS ON THE LOOSE (Ages 3 to 5 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: Tuesdays, May 5th and May 19nd, 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

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

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 5th and May 19th, 2026; 2 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitators: TBA

DIRT, DIGGING & DAISIES (Ages 4 to 6 years)

In this class, little learners will explore the magic of gardens through digging, planting, watering and discovering the tiny bugs that help flowers grow. Each week includes sensory play, science, songs and so much more. Get ready for muddy hands, curious minds and blooming confidence!

Date: Thursdays, May 7th to May 21st, 2026; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

ALLIE'S ARTISTS (Ages 4 to 6 years)

Come and join Miss Allie and have your little one connect with their creative side! Miss Allie will incorporate numerous hands-on art activities that will have your child gushing with pride...and maybe a little mess too!

Dates: Mondays, June 1st to June 15th, 2026; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

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

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!

LITTLE VAN GOGH (Ages 4 to 6 years)

Not only does art enhance creativity, imagination and self-esteem it greatly encourages cognition, critical thinking and learning in children. In this class, your child will explore the history and techniques of various famous artists; be amazed as they re-create these artistic masterpieces.

Dates: Mondays, June 1st to June 15th, 2026; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Allie

OH GEE I LOVE ME (Ages 3 to 5 years)

Self-love is so important! Why not start teaching children at a young age how we can achieve that? This class will help facilitate your child's understanding of self-love and how to build their self-esteem by allowing them to explore their strengths and talents. We will encourage each others growth mindset through positive self-talk, cooperative games, crafts, stories and much more!

Dates: Tuesdays, June 2nd to June 16th, 2026; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

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 2nd to June 16th, 2026; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitators: TBA

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!

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 4th to June 18th, 2026; 3 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

COMIC CREATORS STUDIO (Ages 10 to 12 years)

Does your child love to draw, create or tell stories? This creative program introduces participants to fun comic and colouring techniques while guiding them through the process of creating their very own mini comic book. Over two sessions, children will experiment with shading and layering styles, plan characters and storylines, and bring their ideas to life—building confidence, creativity and storytelling skills along the way.

Date: Mondays, May 4th and May 11th, 2026; 2 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Miss Erin

JEDI ACADEMY (Ages 6 to 9 years)

Want your child to experience the magic of a galaxy far, far away? In this Imaginative program, young Padawans will train like Jedi through themed games, creative crafts, and active challenges inspired by Star Wars. Participants will build teamwork skills, strengthen coordination, and use their imagination while having fun in an exciting and playful environment.

Date: Wednesdays, May 6th to May 20th, 2026; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Miss Erin



ONLINE Registration Opens at 12:00pm March 25th, 2026

Please register early as classes fill up quickly!

Child & Youth Programs Evenings

CAMPOUT ADVENTURES (Ages 10 to 12 years)

Calling all young adventurers! This program introduces participants to basic camping and wilderness concepts through interactive activities, games and outdoor challenges. From learning about camp safety to working together in camp style games, children will develop teamwork, problem-solving skills, and confidence while exploring the fundamentals of outdoor adventure in a safe and supportive setting.

Date: Mondays, June 1st to June 15th, 2026; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Miss Erin

PLANT PIONEERS (Ages 6 to 9 years)

Does your child enjoy getting their hands dirty and exploring the outdoors? This hands-on gardening program introduces young participants to planting, nature based crafts, and outdoor play. Children will learn how plants grow, create seed projects and explore their environment while developing responsibility, patience and a love for nature.

Date: Wednesdays, June 3rd to June 17th, 2026; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Miss Erin



ONLINE Registration Opens at 12:00pm March 25th, 2026

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

BACKWARDS & WEIRD OLYMPICS (Ages 6 to 12 years)

Get ready for a day of silly competition and unexpected fun! In this high-energy program, children will participate in a variety of creative games and challenges where the rules are flipped and teamwork is key. Through movement-based activities and group challenges, participants will build cooperation, problem-solving skills, and confidence- all while laughing and staying active.

Date: Friday, May 15th, 2026 (Catholic & Public School PD Day)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Erin

Got That
FRIDAY
Feeling

ONLINE Registration Opens at 12:00pm March 25th, 2026

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. (Please Choose ONE Date)

Date: Monday, June 29th, 2026 OR
Tuesday, June 30th, 2026

Time: 9:30am - 3:30pm

Fee: Member Fee \$50.00 ; Non-Member Fee \$75.00

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. (Please Choose ONE Date)

Date: Monday, June 29th, 2026 OR
Tuesday, June 30th, 2026

Time: 9:30am - 12:00pm

Fee: Member Fee \$30.00 ; Non-Member Fee \$50.00

Facilitator: Miss Allie

stay safe

ONLINE Registration Opens at 12:00pm March 25th, 2026

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 Choose ONE Date)

Date: Monday, June 29th, 2026 OR

Tuesday, June 30th, 2026

Time: 1:30pm - 3:30pm

Fee: Member Fee \$30.00 ; Non-Member Fee \$50.00

Facilitator: Miss Tanya



ONLINE Registration Opens at 12:00pm March 25th, 2026

Please register early as classes fill up quickly!

Teen Programs

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: Thursday, May 14th, 2026; individual session
Thursday, June 11, 2026; individual session

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Erin & Katelyn



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



Alberta Provincial Family
Resource Networks

EXPRESSIVE OUTLETS (Ages 10 to 13 years)

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.

Dates: Saturdays

Time: 10:00am - 12:00pm OR 1:00pm - 3:00pm

Fee: FREE

Facilitator: Miss Erin

MONTHLY DATES & THEMES:

May 16th, 2026; 1 session (**Nature's Trailblazers**)
June 20th, 2026; 1 session (**Game On Outdoors**)

ONLINE Registration Opens at 12:00pm March 25th, 2026

Please register early as classes fill up quickly!

Kikosewin Teen Programs

Evenings

Please register online @www.stalbertfrc.ca

MINDFUL MOMENT (Ages 13 to 17 years)

Take a break and recharge at our self-care workshop! Learn practical tips and techniques for managing stress, boosting your well-being, and nurturing your mind and body. Perfect for anyone looking to prioritize themselves and find balance in daily life.

Dates: Fridays, May 1st, 15th, 29th and June 12th 2026; 4 sessions

Time: 5:00pm -6:30pm

Fee: FREE

Facilitator: Katelyn

Location: St. Albert FRC



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 May 5th, 2026

Time: 3:15pm - 5:15pm

Fee: FREE

Facilitator: Katelyn

Location: Akinsdale Clubhouse



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!

Dates: Wednesdays, May 6th, May 20th, 2026; 2 sessions

Wednesday, June 3rd, 2026; 1 session

Time: 4:30pm - 6:00pm

Fee: FREE

Facilitator: Katelyn

Location: St. Albert FRC

ONLINE Registration Opens at 12:00pm March 25th, 2026

Please register early as classes fill up quickly!

Kikosewin Teen Programs

Evenings

Please register online @www.stalbertfrc.ca

SPRING BREAK (Drop In) (Ages 13 to 17 years)

Join us for exciting afternoons this Spring Break! 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. Then join us for an exciting Online Escape Room where teamwork, quick thinking and problem solving skills are put to the test! Work together to crack codes, solve puzzles and unlock clues—all from the comfort of your own space. The clock is ticking... can you escape in time?

Dates: March 30th, 2026; (Stone Carving)
April 1st, 2026; (Virtual Escape Room)

Time: 3:15pm - 5:15pm

Fee: FREE

Facilitator: Katelyn

Location: Akinsdale Clubhouse

SHARING & SNACKS (Drop In) (Ages 13 to 17 years)

Come gather around the fire for an evening of connection, conversation and community. *Sharing & Snacks* is a welcoming space for youth to relax, open up, and listen to one another in a supportive circle. Whether you feel like speaking or just want to be present, you are welcome here. We'll enjoy meaningful sharing, cozy fire vibes, and plenty of snacks to keep everyone fueled. Bring a friend, bring your stories or just bring yourself—we can't wait to see you there!

Dates: April 2nd, 2026; 1 session

Time: 4:00pm - 6:00pm

Fee: FREE

Facilitator: Katelyn

Location: Lions Park

 Provincial Family
Resource Networks

ONLINE Registration Opens at 12:00pm March 25th, 2026

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

May 6th to May 20th, 2026; 3 sessions (Developmental Milestones)

June 3rd to June 17th, 2026; 3 sessions (Nature's Mindful Moments)

Time: 2:00pm - 3:00pm

Fee: FREE

Facilitator: Miss Tanya

CONNECT PARENTING (VIRUTAL) (Ages 8 to 13 years)

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 teen's difficult behaviour.

Date: Tuesdays, April 14th to June 16th, 2026; 6 sessions

Time: 6:30pm - 8:00pm

Fee: FREE

Facilitator: Brittany & Karli

AGES: Parents with children 8 years to 13 years

Location: VIRUTAL

ONLINE Registration Opens at 12:00pm March 25th, 2026

Please register early as classes fill up quickly!

Parented Dad Program

PLEASE REGISTER FOR EACH SESSION SEPARATELY

DADS CONNECT (Ages 5 to 10 years) *NEW*

Your adventure to becoming a more engaged and impactful Dad starts here! 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 to equip them with the beginning of necessary tools for successful parenting. ***Coffee and light snacks provided*** ***Individual Sessions***

Dates: Wednesday Evenings
May 6th 2026 - *Childcare Included*
May 20th, 2026
June 3rd, 2026 - *Childcare Included*
June 17th, 2026

Time: 6:00pm-8:00pm

Location: St. Albert Family Resource Centre

Fee: FREE

Facilitator: Samson Tshuma of Paxxira Inc.

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♥ DAD ♥
my
FRIEND
my
★ HERO ★

ONLINE Registration Opens at 12:00pm March 25th, 2026

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Registration Information

- Online registration opens at 12:00pm on March 25th, 2026, @ 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

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 other families

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, 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
- History of substance abuse
- Single parent
- Language/cultural barriers
- Low/no income
- History of family violence

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.

Your contribution makes a huge impact. Scan the QR code to donate now.



Thank
for your
Donations

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