



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

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

# **Summer Program Guide July & August 2025**

**780-459-7377**

**[www.stalbertfrc.ca](http://www.stalbertfrc.ca)**

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



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**ONLINE Registration Opens at 12:00pm May 14<sup>th</sup>, 2025**

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

# NO PROGRAMMING

**August 25<sup>th</sup> — September 5<sup>th</sup>, 2025**

**Memberships available online!**



**Join us for some summer fun at Lion's Park!**

**Friday, July 11<sup>th</sup>, 2025**

**11:00am-1:00pm**

- Soak up the sun!
- Limited Hotdogs & Treats
- Chit Chat with Staff
- Play!

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Find us on:



**10 A, 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)**

## Early Childhood Parented Programs

**\*Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program\***

### **PLAYTIME (Ages 0 to 5 years) Drop-In Program**

This is a great opportunity for parents, caregivers or grandparents to come and enjoy our Early Learning Centre 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 (July 7 to August 18)**

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

**Fee: FREE**

**Facilitators: Miss Shay & Miss Sabrina**

**\*NO CLASS AUGUST 4<sup>th</sup>, 2025\***

### **PLAYTIME AT THE PARK (Ages 0 to 5 years) Registered Program**

Come and join us for some outdoor fun! You will get to enjoy nature, great company and spending time with your little one. Children will love creating masterpieces with chalk, paint and more, all while enjoying the fresh air outside! We may even enjoy the trails so bring your strollers and come along!

**Date: Wednesdays (July 2 to August 20)**

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

**Fee: FREE**

**Facilitators: Miss Shay & Miss Sabrina**

# Play Time



**ONLINE Registration Opens at 12:00pm May 14<sup>th</sup>, 2025**

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

## **Early Childhood Un-Parented Programs**

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

### **SUMMER DISCOVER & LEARN (Ages 3 to 4 years)**

During Summer Discover and Learn, children will be engaged in planned activities along with free play using our learn-through-play philosophy. Children will explore science based activities, literacy, problem solving, socializing and so much more. Children will need a packed nut free snack from home.

**\*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\***

**Time: 9:15am - 11:15am**

**Fee: FREE Facilitator: Miss Shay & Miss Sabrina**

**Themes & Course Dates Available:**

- **Thursday, July 3<sup>rd</sup>; "Paws-itively Pete the Cat"; 1 class**
- **Tuesday & Thursday, July 8<sup>th</sup> & 10<sup>th</sup>; "Watermelon & Ice Cream"; 2 classes**
- **Tuesday & Thursday, July 15<sup>th</sup> & 17<sup>th</sup>; "Getting Buggy With It"; 2 classes**
- **Tuesday & Thursday, July 22<sup>nd</sup> & 24<sup>th</sup>; "Boogie at the Beach"; 2 classes**
- **Tuesday & Thursday, July 29<sup>th</sup> & 31<sup>st</sup>; "Fantasyland"; 2 classes**
- **Tuesday & Thursday, August 5<sup>th</sup> & 7<sup>th</sup>; "Sense-sational Summer"; 2 classes**
- **Tuesday & Thursday, August 12<sup>th</sup> & 14<sup>th</sup>; "Jungle Explorations"; 2 classes**
- **Tuesday & Thursday, August 19<sup>th</sup> & 21<sup>st</sup>; "Bummer Bummer Goodbye Summer"; 2 classes**

A decorative graphic with the words "Hello Summer" written in a large, elegant, cursive script. The text is flanked by two long, flowing, wavy lines that extend outwards, giving it a graceful, banner-like appearance.

### **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 Programs (continued)**

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

### **SUMMER PRESCHOOL FUN (Ages 4 to 6 years)**

No need for your children to be bored during summer break! Let them come and join us for some boredom busters that include crafts, games, outdoor and indoor activities, as well as educational stations. This can be a great introduction into preschool if you are looking at starting your child in September.

**\*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\***

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

**Fee: FREE Facilitator: Miss Allie & Miss Tanya**

**Themes & Course Dates Available:**

- Wednesday – Thursday, July 2<sup>nd</sup> & 3<sup>rd</sup>; “Sunshine & Lemonade”; 2 classes
- Tuesday – Thursday, July 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup>; “Dragonflies & Dandelions”; 3 classes
- Tuesday – Thursday, July 15<sup>th</sup>, 16<sup>th</sup> & 17<sup>th</sup>; “Watermelon & Ice Cream”; 3 classes
- Tuesday – Thursday, July 22<sup>nd</sup>, 23<sup>rd</sup>, & 24<sup>th</sup>; “Bumble Bees & Honeycombs”; 3 classes
- Tuesday – Thursday, July 29<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup>; “Critters & Camping”; 3 classes
- Tuesday – Thursday, August 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup>; “Mermaids & Bubbles”; 3 classes
- Tuesday – Thursday, August 12<sup>th</sup>, 13<sup>th</sup>, & 14<sup>th</sup>; “Sandcastles & Seashells”; 3 classes
- Tuesday – Thursday, August 19<sup>th</sup>, 20<sup>th</sup>, & 21<sup>st</sup>; “Flowers & Fairies”; 3 classes

### **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.

**ONLINE Registration Opens at 12:00pm May 14<sup>th</sup>, 2025**

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

## Early Childhood Un-Parented Programs (continued)

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

### ALL ABOUT... (Ages 3 to 5 years)

Join us each week for an exciting theme day, designed to provide preschool aged children with a fun-filled playtime that incorporates a wide variety of age appropriate activities. Each session will focus on one theme, which will be explored through activities such as dramatic play, art, science, literature, group time, gross motor, and fine motor activities.

**\*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:** Tuesdays  
**Time:** 1:30pm - 3:30pm  
**Fee:** FREE  
**Facilitators:** Miss Shay & Miss Sabrina



#### July **Imagination Station**

8<sup>th</sup> Poppin Popsicles  
15<sup>th</sup> Let's Bee Friends  
22<sup>nd</sup> Catch the Wave  
29<sup>th</sup> Fairy Garden

#### August **Endless Summer**

5<sup>th</sup> Backyard Bash  
12<sup>th</sup> Going on a Lion Hunt  
19<sup>th</sup> Bummer Bummer Goodbye Summer

### 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 Programs (continued)

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

### **ENDLESS EXPLORATIONS (Ages 4 to 6 years)**

Come with us as we endlessly explore all the wonder of imaginative play based on engaging stories! Your child will love the opportunity to discover new things through dramatic play, art, science, songs and so much more! Each session will focus on one book, that will include a wide range of age appropriate activities enhancing the theme of the story. "Books hold a magical appeal for children that goes far beyond the stories they contain." - Dr. Marion Blank.

**\*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\***

**\*Please see all highlighted notes above\***

**Date:** Thursdays  
**Time:** 1:30pm - 3:30pm  
**Fee:** FREE  
**Facilitators:** Miss Allie or Miss Tanya



#### July

##### **Joys of Summer**

3<sup>rd</sup> It Began With Lemonade  
10<sup>th</sup> Dipping Dragonfly  
17<sup>th</sup> Izzy the Ice-Cream Fairy  
24<sup>th</sup> Bee  
31<sup>st</sup> Llama Llama Loves Camping

#### August

##### **Summertime Never Ends**

7<sup>th</sup> Mermaid Mia  
14<sup>th</sup> The Squish  
21<sup>st</sup> How to Catch a Garden Fairy

### **Early Childhood Requirements:**

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•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.



# **Child & Youth Programs**

## **Summer Camps (JULY)**

**\*Please send a nut-free lunch, snacks and water bottle for all Camp FRC days\***

### **Camp FRC (Ages 6 to 12 years)**

Want to have a blast this summer? Come join the excitement with our weekly summer camps. Each week will explore different themes that are sure to capture your child's interests and imagination. Whether they love space, art, games, gardening or science, there is something for everyone.

**\*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\***

**Dates: Monday to Thursday; 4 classes (unless otherwise stated)**

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

**Fee\*: FREE**

**Facilitator: TBA**



#### **Themes & Course Dates Available:**

- **July 2<sup>nd</sup> – 3<sup>rd</sup>: Mad Scientists \*This week only: 2 classes\***

Building, testing, and engineering is what this camp is all about! Children will spend the week exploring STEM science, forensics and geology through hands on experiments that will be sure to test their theories and learn how to create unique architectural projects.

- **July 7<sup>th</sup> – 10<sup>th</sup>: Marvelous Fun**

Do you have a super power? Join us for a super hero marathon week as we explore the world of Marvel superheroes and villains. Children get to dress up as their favourite super hero characters, play games and do crafts. It will surely be a fun-filled experience.

- **July 14<sup>th</sup> – 17<sup>th</sup>: Recyclable Art Explosion**

Are you ready for an art explosion? Join us for a fun filled week as we learn how to recycle, reuse and regift. Children will learn how to create art, using recyclable material that you likely already have at home.

- **July 21<sup>st</sup> – 24<sup>th</sup>: Disney Discoveries**

Step into the magical world of Disney! Our imaginations can take us to extraordinary places where we can discover amazing things. Through crafts, games and so much more we will encounter a week filled with excitement and fun!

- **July 28<sup>th</sup> – 31<sup>st</sup>: Camp Out**

Do you love the outdoors and nature? This week will be filled with camp fun; including singing, campfire games, s'more creations and nature crafts. No promises we won't find a bear on our bear hunt!

## **Child & Youth Programs**

### **Summer Camps (AUGUST)**

**\*Please send a nut-free lunch, snacks and water bottle for all Camp FRC days\***

#### **Camp FRC (Ages 6 to 12 years)**

Want to have a blast this summer? Come join the excitement with our weekly summer camps. Each week will explore different themes that are sure to capture your child's interests and imagination. Whether they love space, art, games, gardening or science, there is something for everyone.

**\*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\***

**Dates: Monday to Thursday; 4 classes**

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

**Fee\*: FREE                      Facilitator: TBA**

#### **Themes & Course Dates Available:**

- **August 5<sup>th</sup> – 7<sup>th</sup>: Endless Imagination \*This week only: 3 classes\***

Imagination and silliness come alive in this camp created all around the arts. If your child is artistically inclined or just enjoys expressing themselves, this is the week for them! Theme days include: Art, Loose Parts Play, and Drama.

- **August 11<sup>th</sup> – 14<sup>th</sup>: Greatest Hits**

Come celebrate with some of our favorite (and most popular) themes. Your child will love the chance to prepare some sweet treats, burn some energy, and get a little messy with all that we have in store. Theme days include: Baking, Mestivals, Jr. Artists and Fun at the Park.

- **August 18<sup>th</sup> - 21<sup>st</sup>: Wacky Week**

Do you like to think a little bit out there and be funky? Join us for a diverse week of getting in touch with our wild side! Let's get a little crazy, play games, have a water fight and get messy!

# Summer

# **Kikosewin Teen Summer Programs**

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

## **SPLASH AND DASH (Ages 13 to 17 years)**

Splash & Dash is the ultimate summer fun youth program packed with excitement and water-filled adventures! Get ready to race down the slip & slide, dodge and toss water balloons, and cool off with thrilling water games. Join us for a day of laughter, friendly competition and endless splashes!

**Dates:** July 8<sup>th</sup> & 28<sup>th</sup>, 2025; individual sessions

**Time:** 12:00pm - 3:30pm

**Fee:** FREE

**Facilitator:** Katelyn

**Location:** Mission Park



## **SURVIVAL SKILLS (Ages 13 to 17 years)**

Gear up for a day of hands-on learning and real-world confidence! At this one-day Survival Skills Camp, teens will dive into the basics of vehicle know-how—changing a tire, checking fluids, and jump-starting a car—along with essential outdoor skills like fire-starting. It's the perfect mix of practical skills and outdoor adventure, designed to empower teens to handle everyday challenges and emergencies with confidence.

**Dates:** July 3<sup>rd</sup>, 2025; individual session

**Time:** 12:00pm - 4:00pm

**Fee:** FREE

**Facilitator:** Katelyn

**Location:** Lions Park

## **GAMES IN THE PARK (Ages 13 to 17 years)**

Games in the park is a fun and active youth program where adventure meets friendly competition. Join us for an exciting mix of classic and new outdoor games, teamwork challenges, and plenty of laughter in a beautiful park setting. It's the perfect way to stay active, make new friends and enjoy the great outdoors!

**Dates:** July 15<sup>th</sup>, 17<sup>th</sup> & August 27<sup>th</sup>, 2025; individual sessions

**Time:** 12:00pm - 4:00pm

**Fee:** FREE

**Facilitator:** Katelyn

**Location:** Alpine Park



*Provincial Family  
Resource Networks*

# Kikosewin Summer Teen Programs

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

## CREATIVE NATURE ARTS (Ages 13 to 17 years)

Creative nature arts is a hands-on youth program that blends art and the outdoors! Explore your creativity with fun activities like tie-dying, painting, and leaf printing, all inspired by nature. Join us for a colorful and creative experience where you can express yourself and make unique art to take home!

Dates: July 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup> & 25<sup>th</sup> 2025; individual sessions

Time: 11:00am - 3:00pm

Fee: FREE

Facilitator: Katelyn

Location: Little White School/Mission Park



## TRADITIONAL GAMES TOURNAMENT (Ages 13 to 17 years)

Traditional games is a fun and interactive youth program that celebrates classic Indigenous and cultural games passed down through generations. Participants will learn, play and connect through traditional activities that build teamwork, skills, and a deeper appreciation for history. Join us for an exciting journey of play, culture & community!

Dates: Monday to Thursday, August 11<sup>th</sup> to the 14<sup>th</sup>, 2025; 4 sessions

Time: 12:00pm - 4:00pm

Fee: FREE

Facilitator: Katelyn

Location: Little White School/Mission Park

# TEENS

*Alberta* 

*Provincial Family  
Resource Networks*



## **Registration Information**

- **Online registration** opens at 12:00pm on May 14<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 ENSURE THAT WHEN RESERVING TICKETS FOR PARENTED PROGRAMS, YOU HAVE REGISTERED YOURSELF AND YOUR CHILD/REN EACH FOR INDIVIDUAL TICKETS. ERRORS IN REGISTRATION MAY IMPACT YOUR ABILITY TO ATTEND THE PROGRAM\***

## **Early Childhood program requirements \*including toilet training policies\***

The following requirements are in place for health and safety reasons:

- Children 3 and over, who are registering for an **un-parented program**, **must be potty - trained.**
- Children attending **Discover & Learn**, must be in the process of being potty-trained, and must wear a pull-up or diaper, due to sanitation concerns. Our staff will still encourage children to use the washroom. If you require any tips and strategies to accelerate the toilet training milestone, our family support team will be happy to assist you.
- Parents are strongly encouraged to participate in our **parented programs** prior to registering their child for an un-parented program.

## **Cancellation Policy\*\***

- Please notify us a **minimum of five working days** prior to our program start date so we are able to offer registration to the next person on the wait list.

## **WELLNESS CHECKLIST INFORMATION**

Please note that all children and parents attending programs will be required to review a daily WELLNESS checklist before coming in to the centre. This link will be sent out before each program starts.

**St. Albert FRC reserves the right to combine, postpone or cancel classes due to insufficient registration. Course cancellations may occur due to reasons beyond our control.**

## **Office Hours:**

Monday to Friday

9:00am to 12:00pm & 1:00pm to 4:30pm

Please note: We are closed for lunch between 12:00pm and 1:00pm, as well as evenings\*, weekends and holidays. \*unless otherwise stated.

# Family Support Program

Home Visitation (ages 0-6 years)

Parent Coach (ages 7-17 years)

Health for Two (pregnancy - 2 months postpartum)

Developmental Screens (ages 1 month – 5.5 years)

Information Referrals

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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

## 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
- 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

