



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



# Winter 2024

## January to April Program Guide

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

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

**780-459-7377**

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# Let It Snow!

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 PROGRAMMING JANUARY 8<sup>th</sup> to 12<sup>th</sup>, 2024**

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**Get your Family Membership for *only* \$10/family  
Membership valid until August 31st, 2024**

**Did you know that we offer outreach programming in  
schools and daycares? Please contact Tanya Scott for  
more information at 780-459-7377 ext. 228 or  
[progmanager@stalbertfrc.ca](mailto:progmanager@stalbertfrc.ca)**



**ONLINE registration opens**

**November 29th, 2023**

**12:00 Noon!**

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

**[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 and engage in UNPLUGGED play with their children. The ELC room offers a comfortable and secure play environment that promotes children's growth and development. Embrace this time to make meaningful connections with your child and others!

Date: Mondays (starting January 15th)

Time: 9:30am - 11:30am

Fee: FREE

Facilitators: Miss Shay & Miss Brittany

\*NO CLASS FEBRUARY 2<sup>nd</sup>, 2024\*

\*NO CLASS FEBRUARY 19<sup>th</sup>, 2024\*

\*NO CLASS MARCH 29<sup>th</sup>, 2024\*

\*NO CLASS APRIL 1<sup>st</sup>, 2024\*

Date: Fridays (starting January 19th)

Time: 9:30am - 11:30am

Fee: FREE



## VIRTUAL SNOW MUCH FUN (Ages 2 to 3 years)

Wrap up in a blanket and slippers, staying cozy and warm at home while we explore the winter fun through songs and activities!

Dates: Mondays, January 15<sup>th</sup> to January 29<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Shay

## WHIMSICAL WONDERLAND (Ages 0 to 18 months)

Come join us while we bring the fairytale winter to our classroom! Your babies will explore sparkles, reflections and all the winter inspired crafts & sensory activities!

Date: Tuesdays, January 16<sup>th</sup> to January 30<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Shay

**ONLINE Registration Opens at 12:00pm November 29<sup>th</sup>, 2023**

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



# 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\***

## WINTER WIGGLES AND GIGGLES (Ages 18 months to 3 years)

Are you ready to have fun with your little one and get their wiggles and giggles out? In this class we can beat the doldrums of winter through songs, dance and artistic exploration. There is bound to be some giggles in there as well!

Dates: Tuesdays, January 16<sup>th</sup> to January 30<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Brittany

## VIRTUAL SMITTEN MITTENS (Ages 3 to 4 years)

When the weather outside is frightful cuddle into this cozy class to explore and create with your little one. We'll listen to stories, explore with all 5 senses and spend time with the ones we love.

Dates: Wednesdays, January 17<sup>th</sup> to January 31<sup>st</sup>, 2024; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Brittany



## OODLES OF FUN (Ages 2.5 to 5 years)

Come and explore the world of fun with Ms. Tanya! This parented class will keep you and your child laughing and learning as you engage in theme-based sensory play, stories, arts, crafts, and more!

Dates: Thursdays, January 18<sup>th</sup>, 25<sup>th</sup> & February 8<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Tanya

## VIRTUAL WONDERS OF WINTER (Ages 3 to 6 years)

This class will encourage your child to fall in love with our chilliest season by learning all about snow and the life cycle of snowflakes along with the adaptable arctic animals that thrive throughout. The wonders of winter can be so magical, come explore through stories, crafts, games and more!

Dates: Thursdays, January 18<sup>th</sup>, 25<sup>th</sup> & February 8<sup>th</sup>, 2024; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Allie

## Early Childhood Parented Programs

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### VIRTUAL LITTLE SWEETHEARTS (Ages 2 to 3 years)

Come join us while we learn about friendship & kindness. Through songs, stories, arts and crafts we will begin to open the door of discussion about meaningful people in your little ones life. We may even end up with a couple of special keepsakes for our family and friends.

**Dates:** Mondays, February 12<sup>th</sup> AND February 26<sup>th</sup>, 2024; 2 sessions

**Time:** 10:00am - 10:30am

**Fee:** FREE

**Facilitator:** Miss Shay



### LOVE & LULLIBIES (Ages 0 to 18 months)

Join us in for a class of making friendships, choosing kindness, soothing lullabies, and making keepsakes for our loved ones!

**Date:** Tuesdays, February 20<sup>th</sup> to March 5<sup>th</sup>, 2024; 3 sessions

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

**Fee:** FREE

**Facilitator:** Miss Shay

### TODDLER ROCK (Ages 18 months to 3 years)

Wiggling, singing and laughing with your child is so much fun! This parented three week music class is designed to meet the developmental needs of your toddler through interaction with parents and caregivers. Come explore music through instruments, finger play and many more activities that will have you singing and dancing all day long.

**Dates:** Tuesdays, February 13<sup>th</sup> to February 27<sup>th</sup>, 2024; 3 sessions

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

**Fee:** FREE

**Facilitator:** Miss Brittany

**ONLINE Registration Opens at 12:00pm November 29<sup>th</sup>, 2023**

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

## 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\***

### VIRTUAL LITTLE LOVE BUGS (Ages 3 to 4 years)

Grab your lovebug and head into an exploration of bugs both big and small. Through songs, dance, crafts and fingerplay you and your child will enjoy all this virtual program has to offer!

**Dates:** Wednesdays, February 14<sup>th</sup> to February 28<sup>th</sup>, 2024; 3 sessions

**Time:** 1:30pm - 2:00pm

**Fee:** FREE

**Facilitator:** Miss Brittany

### 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 cooking activities & recipes in this highly interactive session for you and your little one. The many talents of your "Little Helper" may surprise you! \*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, February 15<sup>th</sup>, or 22<sup>nd</sup>, or 29<sup>th</sup>, 2024; individual sessions

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

**Fee:** FREE

**Facilitator:** Miss Allie

### VIRTUAL FASCINATING FAIRY-TALES (Ages 3 to 6 years)

Let's enter a magical world together. Using our imagination, we will explore through stories, crafts and more, all the wonders of fairy-tales. "Imagination will often carry us to worlds that never were, but without it we go nowhere". - Carl Sagan

**Dates:** Thursdays, February 22<sup>nd</sup> AND February 29<sup>th</sup>, 2024; 2 sessions

**Time:** 1:30pm - 2:00pm

**Fee:** FREE

**Facilitator:** Miss Tanya

no one is too old for  
*fairytales*

# Early Childhood Parented Programs

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## VIRTUAL LITTLE LEPRECHAUNS (Ages 2 to 3 years)

In this virtual program you and your little will explore all the magical things of St. Patrick's Day. "Wishin' you a pot o' gold, and all the joy your heart can hold."

~ Blooming Homestead

Dates: Mondays, March 11<sup>th</sup> to March 25<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Shay



## TINY TOES FIESTA (Ages 0 to 18 months)

No matter your little one's development stages this class will have them moving + grooving through activities & music!

Date: Tuesdays, March 12<sup>th</sup> AND March 19<sup>th</sup>, 2024; 2 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Shay

## TINY TOT CREATIONS (Ages 18 months to 3 years)

Creativity, imagination and sensory play are all things that your tiny tot will experience in this program! Simple creative activities are some of the building blocks of children development. Join your child as they are encouraged to express themselves all while developing their fine motor skills, language development, visual learning and inventiveness. Make sure that you dress for a mess as we are bound to get there!

Dates: Tuesdays, March 12<sup>th</sup> to March 26<sup>th</sup>, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Brittany

## VIRTUAL MUSICAL MELODIES (Ages 3 to 4 years)

Snuggle your mini musician and get ready to enjoy the musical melodies we will create together within the comfort of your home. Through songs and movement we will engage in musical wonders!

Dates: Wednesdays, March 13<sup>th</sup> to March 27<sup>th</sup>, 2024; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Brittany



## Early Childhood Parented Programs

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### BUDDING ARTISTS (Ages 2.5 to 5 years)

There is a little artist in each child waiting for an opportunity to express themselves. You and your child will have tons of fun getting involved in a variety of art activities that will enhance their creativity, imagination and self-esteem. Art encourages critical thinking and learning in children. Dress for a mess because we are sure to have lots of fun getting there!

Dates: Thursdays, March 14<sup>th</sup> AND March 21<sup>st</sup>, 2024; 2 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Tanya

### VIRTUAL COZY CLOVERS (Ages 3 to 6 years)

"Four leaf clovers are lucky they say, so I'm sharing and sending some good luck your way". This virtual class will encourage your child to explore the wonders of St. Patrick's Day, all while staying warm and cozy at home. From shamrocks to rainbows and big pots of gold, your little may even catch their very own leprechaun!

Dates: Thursdays, March 14<sup>th</sup> AND March 21<sup>st</sup>, 2024; 2 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Allie

### COME PLAY WITH ME (Ages 0 to 5)

Come and join the fun! This playgroup is co-facilitated with Transitions Early Intervention Program. It is designed to provide activities that will encourage growth and learning in many aspects of child development. Through repetitive songs, stories, movement activities and more, parents and children will have many opportunities to meet new friends, actively play and learn together. \*Please bring a nut-free snack\*

\*Limited spaces available\*

Date: Thursdays, April 4<sup>th</sup> to April 18<sup>th</sup>, 2024; 3 sessions

Time: 1:00 - 2:30pm

Fee: FREE



**ONLINE Registration Opens at 12:00pm November 29<sup>th</sup>, 2023**

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

# Early Childhood Parented Programs

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## VIRTUAL SPRING INTO FUN (Ages 2 to 3 years)

In this class we will learn all about the changes we see as we leave winter behind and say hello to spring!

**Date:** Mondays, April 8<sup>th</sup> to April 22<sup>nd</sup>, 2024; 3 sessions  
**Time:** 10:00am - 10:30am  
**Fee:** FREE  
**Facilitator:** Miss Shay

## PITTER PATTER PLAYDATE (Ages 0 to 18 months)

April showers bring May flowers! Come join us for a rainy day play date in. We will be exploring the spring season and weather through sensory, songs and crafts.

**Date:** Tuesdays, April 9<sup>th</sup> to April 23<sup>rd</sup>, 2024; 3 sessions  
**Time:** 10:00am - 11:00am  
**Fee:** FREE  
**Facilitator:** Miss Shay

## LET ME PLAY (Ages 18 months to 3 years)

This program encourages child-directed play with your little ones. Watch as they engage and explore the magic of their surroundings.

**Dates:** Tuesdays, April 9<sup>th</sup> to April 23<sup>rd</sup>, 2024; 3 sessions  
**Time:** 10:00am - 11:00am  
**Fee:** FREE  
**Facilitator:** Miss Brittany

## VIRTUAL SMILING SUNFLOWERS (Ages 3 to 4 years)

Join us in this spring garden bonanza as we delve deeper into plants, flowers and how they grow. Through stories, crafts and more, this virtual program will have your little one smiling as they follow along!

**Dates:** Wednesdays, April 10<sup>th</sup> to April 24<sup>th</sup>, 2024; 3 sessions  
**Time:** 1:30pm - 2:00pm  
**Fee:** FREE  
**Facilitator:** Miss Brittany



## Early Childhood Parented Programs

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### DIY WITH YOU & 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. \*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!\*

Dates: Thursdays, April 11<sup>th</sup>, or 18<sup>th</sup>, or 25<sup>th</sup>, 2024; individual sessions  
Time: 10:00am - 11:00am  
Fee: FREE  
Facilitator: TBA

### VIRTUAL BACKYARD BUGS (Ages 3 to 6 years)

Calling all bug lovers! Through stories, crafts and more we will discover how important bugs are and what they bring to our world. *If nothing ever changed, there would be no such thing as butterflies. ~ Unknown*

Dates: Thursdays, April 11<sup>th</sup> to April 25<sup>th</sup>, 2024; 3 sessions  
Time: 1:30pm - 2:00pm  
Fee: FREE  
Facilitator: Miss Tanya

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

ONLINE Registration Opens at 12:00pm November 29<sup>th</sup>, 2023

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!\***

## **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 Brittany

## **WEEKLY THEMES:**

### **JANUARY**

#### **Arctic Adventures**

16<sup>th</sup> Polar Bears  
23<sup>rd</sup> Icicles  
30<sup>th</sup> Snowy Owls

### **FEBRUARY**

#### **Kindness & Friendship**

6<sup>th</sup> Fro-Yo Day  
13<sup>th</sup> Be Sweet Parakeet  
20<sup>th</sup> Friendship Soup  
27<sup>th</sup> Acts of Kindness

### **MARCH**

#### **Cozy Clovers**

5<sup>th</sup> Pot of Gold  
12<sup>th</sup> Leprechaun Fiesta  
19<sup>th</sup> Green Glitter Galore  
26<sup>th</sup> Shamrock Shenanigans

### **APRIL**

#### **Spring Has Sprung**

2<sup>nd</sup> Floral Oasis  
9<sup>th</sup> Let's Bee Friends  
16<sup>th</sup> Spring Renewal  
23<sup>rd</sup> A Kinder Planet  
30<sup>th</sup> Plant the Tiny Seed

## **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.

# Early Childhood Un-Parented Programs

\*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: Thursdays  
Time: 9:30am - 11:30am  
Fee: FREE  
Facilitators: Miss Shay & Miss Brittany

## WEEKLY THEMES:

### JANUARY

#### Arctic Adventures

18<sup>th</sup> Penguins  
25<sup>th</sup> Snowflakes

### FEBRUARY

#### Kindness & Friendship

1<sup>st</sup> NO CLASS  
8<sup>th</sup> Feelings  
15<sup>th</sup> Valentine's Day  
22<sup>nd</sup> Bucket Fillers  
29<sup>th</sup> Love Monster

### MARCH

#### Cozy Clovers

7<sup>th</sup> Rainbows  
14<sup>th</sup> St. Patrick's Day  
21<sup>st</sup> Colour Science  
28<sup>th</sup> Clovers

### APRIL

#### Spring Has Sprung

4<sup>th</sup> Dirt & Mud  
11<sup>th</sup> Bugs & Insects  
18<sup>th</sup> April Showers  
25<sup>th</sup> Earth Day

## 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.



## Early Childhood Un-Parented Programs

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

### **FUNTASTIC FRIDAYS (Ages 3 to 6 years)**

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:**

**January 19<sup>th</sup>, 2024;** "Playful Penguins"

**February 9<sup>th</sup>, 2024;** "The Art Studio"

**February 23<sup>rd</sup>, 2024;** "Imagination Station"

**March 1<sup>st</sup>, 2024;** "Rainbow of Emotions"

**March 15<sup>th</sup>, 2024;** "How to Catch a Leprechaun"

**April 5<sup>th</sup>, 2024;** "Journey With Eric Carle"

**April 19<sup>th</sup>, 2024;** "Little Green Thumb"



Happy  
FRIDAY

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

# Early Childhood Un-Parented Programs

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

## ALPHABET SOUP (Ages 4 to 6 years)

Learning opportunities are all around us! Join us as we demonstrate fun and interactive ways for you to enhance your little ones literacy skills. These activities will not just teach the alphabet but make learning letters a memorable and engaging experience.

Date: Mondays, January 15<sup>th</sup> to January 29<sup>th</sup>, 2024; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Allie

## INCREDIBLE YOU (Ages 3 to 5 years)

"I'm Brave, I Can, I'm Smart!" Incredible you encourages and promotes young children to feel good about themselves by building confidence and self-esteem. Through crafts, stories and songs, children will explore strategies and learn tools of making positive choices and living a happy life. "Happy thoughts make you strong and free. It's a choice you make each day, so choose to be happy - it's the only way!" - *Incredible You*

Date: Tuesdays, January 16<sup>th</sup> to January 30<sup>th</sup>, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Tanya



## 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: Thursdays, January 18<sup>th</sup>, 25<sup>th</sup> & February 8<sup>th</sup>, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

## OH MY LLAMA (Ages 4 to 6 years)

Oh my lanta, its Llama Llama! Spark your child's emotional development through Llama's many stories written by Anna Dewdney. Your child will explore anger, sadness, sharing, bullying, sick days and so much more through audio stories, cooperative games and crafts!

Dates: Mondays, February 12<sup>th</sup> AND February 26<sup>th</sup>, 2024; 2 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Allie

# Early Childhood Un-Parented Programs

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

## POPPIN PENGUINS (Ages 3 to 5 years)

Join us as we waddle and pop the cold away just like the penguins do in this hands-on penguin themed program that will include many activities to spark your child's creativity.

**Dates:** Tuesdays, February 13<sup>th</sup> to February 27<sup>th</sup>, 2024; 3 sessions

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

**Fee:** FREE

**Facilitator:** Miss Allie



## ROBOTS ROCK (Ages 4 to 6 years)

Your child will jump into the exciting world of robots with hands on experiences where they can watch their creations take shape! Whether it be through crafts, stories, games or building your child will watch as their simple ideas come to life. They will be having so much fun they will not even realize they are learning as they go!

**Date:** Thursdays, February 22<sup>nd</sup> AND February 29<sup>th</sup>, 2024; 2 sessions

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

**Fee:** FREE

**Facilitator:** Miss Tanya

## FESTIVAL FRENZY (Ages 4 to 6 years)

Calling all kinders! Step into a world of new experiences and traditions. Your child will experience the fun of various festivals while learning about different cultures through group games, crafts and songs. There is never a better time to start exploring!

**Dates:** Mondays, March 11<sup>th</sup> AND March 18<sup>th</sup>, 2024; 2 sessions

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

**Fee:** FREE

**Facilitator:** TBA

## 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.

**Dates:** Tuesdays, March 12<sup>th</sup> AND March 19<sup>th</sup>, 2024; 2 sessions

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

**Fee:** FREE

**Facilitator:** Miss Tanya

# Early Childhood Un-Parented Programs

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

## PETE THE CAT (Ages 4 to 6 years)

Come & discover the coolest cat on the block, Pete the Cat. Your child will explore the fascination many kids have with this beloved character through craft, stories, songs, games and much more. Your child will tell you all about it, because as Pete the Cat would say: It's all good!

Date: Thursdays, March 14<sup>th</sup> AND March 21<sup>st</sup>, 2024; 2 classes

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: TBA



## SPRING BREAK PRESCHOOL (Ages 4 to 6 years)

No need for your child to be bored during spring break! Join us for some fun where your child's imagination can come to life through crafts, songs, games and so much more! Throughout this program we will incorporate letter & number recognition as well as colours, shapes and other developmentally age appropriate activities.

Date: Tuesday to Thursday, March 26<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup>, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitators: Miss Tanya

## ERIC CARLE (Ages 4 to 6 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: Mondays, April 8<sup>th</sup> to April 22<sup>nd</sup>, 2024; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: TBA

**ONLINE Registration Opens at 12:00pm November 29<sup>th</sup>, 2023**

**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!\***

## HIP HOP INTO SPRING (Ages 3 to 5 years)

Let your inquisitive child explore the wonders of spring time in this hands-on nature themed class. As the days grow warmer and we begin to see blossoming flowers we can truly appreciate the beauty of the changing seasons. In this class your child will learn about plants and gardening as well as the transition from winter to spring through songs, games, and crafts. Does your child have a green thumb?

Date: Tuesdays, April 9<sup>th</sup> to April 23<sup>rd</sup>, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: TBA



## IF I WERE A DINO (Ages 4 to 6 years)

Come explore the prehistoric world of dinosaurs! Your child will enjoy our fun facts about dinosaurs and learn about everything from the ferocious Tyrannosaurus Rex to the enormous Diplodocus. We will be walking with the dinosaurs through stories, crafts, and other activities. If you were a dinosaur, which one would you be?

Date: Thursdays, April 11<sup>th</sup> to April 25<sup>th</sup>, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Instructor: Miss Tanya



**Did you know that we offer outreach programming for schools and daycares? Please contact Tanya Scott for more information at 780-459-7377 ext. 228 or [progmanager@stalbertfrc.ca](mailto:progmanager@stalbertfrc.ca)**



# Child & Youth Programs

## Evenings

**\*Please see our registration requirements on page 28 for all programs!\***

### WINTER WONDERLAND (Ages 6 to 12 years)

Through imaginative art, snowy activities and lots of fun, we will explore all the wonders of winter! Make sure to dress warm so we can head outside to experience what winter offers us. We will end off our evenings with a warm cup of yummy hot cocoa!

**Date:** Wednesdays, January 17<sup>th</sup> AND January 24<sup>th</sup>, 2024, 2 sessions

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

**Fee:** FREE

**Facilitators:** Miss Lara

### CALM AND COOL KIDS (Ages 6 to 12 years)

This program encourages and promotes young children to feel good about themselves by building confidence and self-esteem. Through various hands-on activities, children will explore strategies and tools for making positive choices, understanding their feelings and positive ways to express them. The children will explore self-regulation and self-awareness to use in their everyday life.

**Date:** Wednesdays, February 14<sup>th</sup> to February 28<sup>th</sup>, 2024; 3 sessions

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

**Fee:** FREE

**Facilitators:** Miss Lara

### MARCH MINDFULNESS (Ages 6 to 12 years)

This class is all about connecting with yourself, finding peace in everyday experiences, and becoming self-aware. Through a variety of art activities, games and more, we will create an opportunity to view our world through a whole new lens.

**Date:** Wednesdays, March 13<sup>th</sup> AND March 20<sup>th</sup>, 2024; 2 sessions

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

**Fee:** FREE

**Facilitators:** Miss Lara

STAY CALM

**ONLINE Registration Opens at 12:00pm November 29<sup>th</sup>, 2023**

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

# Child & Youth Programs

## Evenings

\*Please see our registration requirements on page 28 for all programs!\*

### HANDMADE AND HOMEMADE (Ages 6 to 12 years)

Does your child like to use their imagination and creativity to make handmade gifts? If so, this is the perfect program to register them for! Each week we will be creating heart warming gifts to share with those we love. While your child engages in their creative side they will also be making connections with those around them.

Date: Wednesdays, April 10<sup>th</sup> to April 24<sup>th</sup>, 2024; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitators: Miss Lara



**ONLINE Registration Opens at 12:00pm November 29<sup>th</sup>, 2023**

**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\***

### HAPPY NEW YEARS (Ages 6 to 12 years)

Come celebrate New Years with crafts, games and fun in your PJ's! Our morning will be filled with activities galore. We will finish off our day with a PJ party and movie! Who is ready to have some fun?

**Date:** Wednesday, January 31<sup>st</sup> 2024 (PD Day for both school boards); one class

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

**Fee:** FREE

**Facilitator:** Miss Lara

### JR. CHEFS/MOVIE MARATHON (Ages 6 to 12 years)

Hey parents, do you have a future chef on your hands? Then have them join us for some crazy culinary creations! This hands-on program will help familiarize young chefs with food choices and delicious taste experiences from start to finish, while learning basic cooking skills and kitchen safety tips. We will end our day off with a movie marathon, where children can enjoy their tasty creations from the morning, as well as some popcorn and fun!

**Date:** Thurs AND Fri, February 8<sup>th</sup> & 9<sup>th</sup>, 2024 (Teachers Convention)

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

**Fee:** FREE

**Facilitator:** Miss Lara

### BOARDGAME BONANAZA (Ages 6 to 12 years)

From Pokémon to Pie Face, this class will allow your child to explore the world of board games. Board games are often underestimated and people don't realize how many valuable lessons they can teach children. Skills like reading, cooperation and critical thinking. In this class your child will experience and put into practice a plethora of valuable skills that will benefit them in their daily lives. Keep in mind these won't be your average board games. We will introduce them to tons of unconventional and hilarious new games.

**Date:** Friday, February 16<sup>th</sup>, 2024 (Catholic School PD Day); one class

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

**Fee:** FREE

**Facilitator:** Miss Lara

# Child & Youth Programs

## PD Days

**\*Please send a nut-free lunch, snacks and water bottle for all Child & Youth PD days\***

### LUCK OF THE IRISH (Ages 6 to 12 years)

Let's try our luck at some Irish fun building leprechaun traps and crafting all things St. Patrick's Day! Don't forget to wear green for good luck!

Date: Friday, March 15<sup>th</sup>, 2024 (Catholic PD Day); one class

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Lara

### 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, March 22<sup>nd</sup>, 2024 (PD Day for both school boards); one class

Time: 9:30am - 3:30pm

Fee: \$30

Facilitator: Miss Lara

### 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.

Date: Friday, March 22<sup>nd</sup>, 2024 (PD Day for both school boards); one class

Time: 9:30am - 12:00pm

Fee: \$15

Facilitator: Miss Allie

**ONLINE Registration Opens at 12:00pm November 29<sup>th</sup>, 2023**

**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.

**Date:** Friday, March 22<sup>nd</sup>, 2024 (PD Day for both school boards); one class

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

**Fee:** \$15

**Facilitator:** Miss Tanya

### **MARCH MADNESS (Ages 6 to 12 years)**

Join us as we experience new activities and themes each day through a breath of fun during spring break! From 3D Art, Pokémon, Lost Lego, to the Great FRC Bake Off and Carnival Day, your child will engage in new activities each day where they can explore hobbies, games and so much more!

**Date:** Monday to Thursday, March 25<sup>th</sup> to March 28<sup>th</sup>, 2024; 4 days

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

**Fee:** FREE

**Facilitator:** Miss Lara

### **JR. ARTISTS (Ages 6 to 12 years)**

Is your child artistically inclined? Well if so, this course allows hands on exploration of their artistic side through painting, sculpting, doodling and many more imaginative activities. From artistic styles to abstract materials, your child will learn how to make works of art out of anything. On top of connecting with their creative side, they will take away from the class new techniques and inspirations from the world around them.

**Date:** Friday, April 19<sup>th</sup>, 2024 (Catholic School PD Day); one class

Monday, April 22<sup>nd</sup>, 2024 (Public School PD Day); one class

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

**Fee:** FREE

**Facilitator:** Miss Lara



# 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 January 17<sup>th</sup>, 2024)

Time: 9:30am - 11:30am

Fee: FREE

J4P Facilitator: Shelley Passek

J4P Care Facilitators: Miss Shay & Miss Brittany

## WEEKLY TOPICS:

| <u>JANUARY</u>                   | <u>FEBRUARY</u>      | <u>MARCH</u>                     | <u>APRIL</u>         |
|----------------------------------|----------------------|----------------------------------|----------------------|
| 17 <sup>th</sup> TBA             | 7 <sup>th</sup> TBA  | 6 <sup>th</sup> TBA              | 3 <sup>rd</sup> TBA  |
| 24 <sup>th</sup> TBA             | 14 <sup>th</sup> TBA | 13 <sup>th</sup> TBA             | 10 <sup>th</sup> TBA |
| 31 <sup>st</sup> <b>NO CLASS</b> | 21 <sup>st</sup> TBA | 20 <sup>th</sup> TBA             | 17 <sup>th</sup> TBA |
|                                  | 28 <sup>th</sup> TBA | 27 <sup>th</sup> <b>NO CLASS</b> | 24 <sup>th</sup> TBA |

## 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

## 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:** 5:30pm - 7:00pm  
**Location:** St. Albert Family Resource Centre  
**Fee:** FREE  
**Facilitator:** Maryann Da Silva & Terri Skinner

#### Dates:

January 15<sup>th</sup>, 2024; Individual Session

January 29<sup>th</sup>, 2024; Individual Session

February 12<sup>th</sup>, 2024; Individual Session

February 26<sup>th</sup>, 2024; Individual Session

March 11<sup>th</sup>, 2024; Individual Session

March 18<sup>th</sup>, 2024; Individual Session

April 8<sup>th</sup>, 2024; Individual Session

April 22<sup>nd</sup>, 2024; Individual Session



**FREE CHILDCARE**

**FREE NUTRITIOUS MEAL**

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

# Virtual Adult/Parenting Programs

## Thursdays

### VIRTUAL CIRCLE OF SECURITY

At times all parents feel lost or without a clue what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened by self-reflection.

### Learning Objectives of the Training:

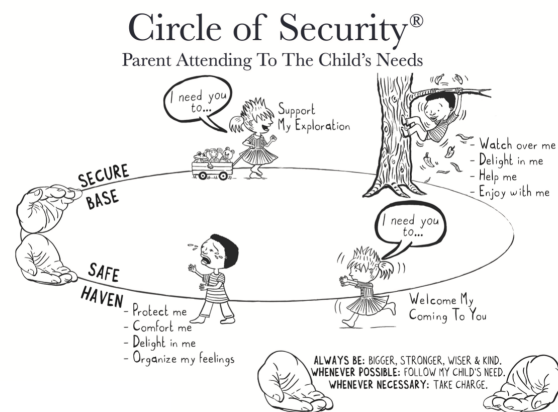
- Understand your child's emotional world by learning to read emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self-esteem
- Honor your innate wisdom and desire for your child to be secure

**Date:** Thursdays, January 11<sup>th</sup> to February 29<sup>th</sup>, 2024; 8 sessions

**Time:** 1:00pm - 3:00pm

**Fee:** FREE

**Facilitator:** Terri Skinner



### 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.

## **Registration Information**

- Online registration opens at 12:00pm on November 29<sup>th</sup>, 2023, @ 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 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

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

## 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

## 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

