

KARA

FAMILY RESOURCE CENTRE

Fall Guide



FALL 2024

WWW.KARA-FRC.COM



KARA FAMILY RESOURCE CENTRE

Welcome

OUR VISION

Empowered communities with
resilient families.

OUR MISSION

Championing a brighter future
for families and communities
through supportive programs
and services that are rooted in
education, connection, and
acceptance.



AUGUST 12
REGISTRATION
OPENS!

Fall 2024 Program Guide



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Special Events

REGISTER

Fall 2024



780-478-5396



registration@kara-frc.ca



Our programs are
free and open to
all individuals and
families.

PROGRAM LOCATIONS

KARA Family Resource Centre

6717 132 Avenue NW, Edmonton

Dunluce Tenant Centre

Unit 9, 11930 162 Ave NW, Edmonton

Castle Downs Family YMCA

11510 153 Ave NW, Edmonton

KARA-Too

#108 5606 134A Ave NW, Edmonton

Balwin Community League

#108 5606 134A Ave NW, Edmonton

KARA-Too

#108 5606 134A Ave NW, Edmonton



DUNLUCE TENANT CENTRE

Address

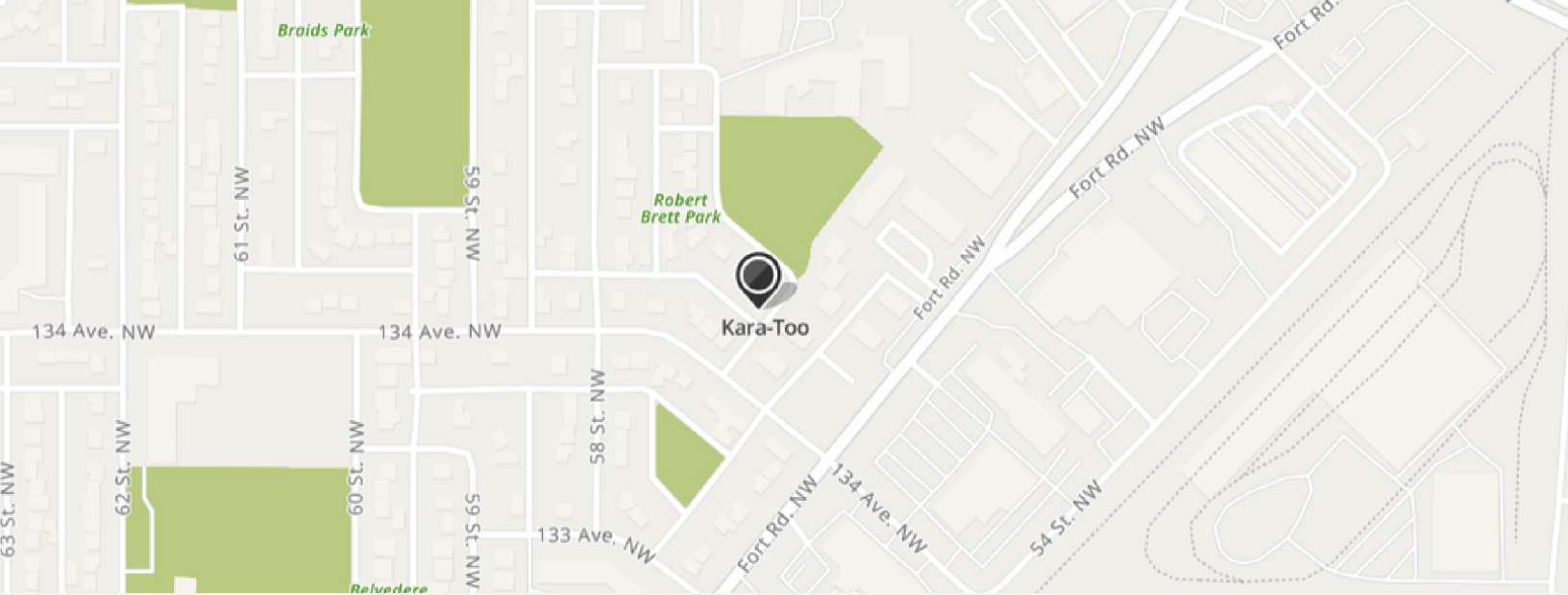
11930 162 Ave NW, Unit 9

Directions

If you are coming from the East, you will pass St. Lucy Catholic School on your right and then Dunluce School on your left. It will be your first right turn into the housing complex Dunluce IV.

If you are coming from the West, you will pass a shopping strip mall on your left. Continue past the soccer field. You will then turn left into the housing complex called Dunluce IV.





KARA-TOO

Address

5606 134A Ave NW # 108, Edmonton

Directions

KARA-Too is located in the Civida housing complex, beside Robert Brett Park.

There is ample street parking and visitor parking available.

If you are using a GPS system, such as Google Maps, input “Robert Brett Park” to find the location.

Call us for guidance: 780-478-5396





ABOUT OUR *Services*

1. PARENT EDUCATION
2. FAMILY SUPPORT
3. EARLY CHILDHOOD DEVELOPMENT
4. SUPPORTED REFERRALS
5. DEVELOPMENTAL SCREENING

Our qualified staff deliver parenting and children's programs, share information about child development, and help families address parenting and family concerns.

Resources



Community Resources

Our Family Resource Support Workers can offer supported referrals for you and your family. This can include anything from recreation and child care to mental health support services.



One-on-One Support




Our Family Navigator and Family Support Workers can provide individualized support services to help you find your way through the systems and circumstances you are navigating. You don't have to go through it alone.



Milestone Check-In

The Ages and Stages (ASQ) Questionnaires can help you understand your child's development in six main skill areas.

AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LittleVan Gogh 0-6yrs 10am-11am Oct 7 - Dec 2 Break oct 14, nov 4, nov 11 at YMCA Castle Downs *Parented</p>  <p>Afterschool Adventures 6-12yrs 3:30pm-5:00pm Sept 16 - Dec 2 Break sept 30, Oct 14, Nov 4, Nov 11 at KARA-Too</p> <p>Triple- P Online Parent Education 6pm-8pm Sept 16 - Nov 25 Break Sept 30, Oct 14, Nov 11 Online</p>	<p>Learning Through Play 0-6 yrs 10am-11am Oct 1 - Dec 3 Break Nov 5 at Balwin Community League *Parented</p> <p>Parenting with a Purpose, Bright Minds Parent Education 9:30am-11:30am Sept 17 - Dec 3 Break Nov 5 at KARA Main</p> <p>Afterschool Adventures 6-12yrs 3:30pm-5:00pm Sept 17- Dec 3 Break Nov 5 at Dunluce</p> <p>Family Book Club Online With Centre for Family Literacy 3-6yrs 6:15pm-7:00pm Oct 1 - Dec 3 Online</p>	 <p>One-On-One Parenting support Oct 2 - Dec 4 1:00pm-3:30pm Break Nov 6 By appointment</p> <p>Family Evenings Dinner at 5pm Programs from 5:30pm-7:00pm</p> <p>Fall Festival Oct 2 - Oct 30 Whole Family activities and Games</p> <p>Kimochi Family Nov 13 -Dec 11 Kimochi Parent! (Parents) Rising Stars, LIT (6-12yrs) Kimochi Kids! (2.5-6yrs)</p>	<p>Little Talkers 0-6 yrs 9:30-11:30 Oct 3 - Oct 31 Break Nov 7 at KARA Main *Parented</p> <p>Parenting with a Purpose, Bright Minds Parent Education 9:30am-11:30am Sept 19 - Dec 5 Break Nov 7 at KARA Main</p> <p>Kids in the Kitchen 6-12yrs Session #1: Oct 2- Oct 30 Session #2: Nov 13 - Dec 11 2:45pm-4:30pm At KARA</p> <p>Afterschool Adventures 6-12yrs 2:30pm-4:30pm Sept 18 - Dec 5 Break Nov 7 at Dunluce</p>	<p>Story Sprouts With Centre for Family Literacy 0-6yrs 9:30am-11am Oct 4 - Dec 6 at YMCA Castle Downs *Parented</p> <p>Books & Bites 0-6yrs 10:00am-11:30am Sep 20 - Dec 6 at Dunluce *Parented</p> <p>Young Minds: Problem Solving 0-6yrs 10am-11:30am Oct 4 - Dec 6 at KARA-Too *Parented</p> 

Register for FREE Programs:


Phone: 780-478-5396
Email: registration@kara-frc.ca
Web: www.kara-frc.com





Family *Programs*

BRING THE WHOLE FAMILY!



KARA's Concept of Family:

In adopting the term "family," we broaden its scope beyond the traditional structure of a two-parent and child dynamic. At KARA, when we refer to family, we encompass anyone who has created a familial bond. This includes grandparents, caregivers, aunts and uncles, adoptive parents, and individuals of all ages.

We acknowledge and celebrate the diversity of family structures across various cultures and formed communities.

Family Evening: Fall Fest

DATES	TIME	LOCATION
Wednesday Oct 2 -Oct 30	5:00pm-7:00pm Dinner at 5:00pm	KARA 6717 132 Ave, NW

The Whole Family is Welcome!



Week 1: Sensory

Get ready for a fantastic time at our Fall Fest Sensory Experiments! Children and families will dive into age-appropriate sensory activities and enjoy a variety of weird and wonderful science experiments.



Week 2: STEAM-fest

Join us for an exciting STEAM Fest! Dive into science, technology, engineering, arts, and math activities that will spark creativity and curiosity in children and families.



Week 3: Risky Play

Experience the thrill of Risky Play! This week, kids and families will engage in adventurous activities that promote confidence, resilience, and exploration in a safe environment.



Week 4: Practical Life

Empower your children with Practical Life Skills! From basic cooking to everyday problem-solving, this week offers hands-on activities to teach essential skills for independence and growth.



Week 5: Family Fun Night

Gather your loved ones for a memorable Family Fun Night! Enjoy a movie under the stars and embark on a thrilling scavenger hunt that promises laughter and bonding for all ages.

Family Evening: Kimochi Family

DATES	TIME	LOCATION
Wednesday Nov 13 - Dec 11	5:00pm-7:00pm Dinner at 5:00pm	KARA 6717 132 Ave, NW



Kimochi Parent!

Parents

Enjoy an evening to yourself! Your children will have a nutritious meal and partake in engaging programs. Meanwhile, you can enjoy a "grown-up" dinner with other parents. After dinner, you are invited to our Fear-Less Triple P Program. Fear-Less gives parents a toolbox of strategies, skills, and knowledge to manage children's anxious feelings and stop unnecessary worrying. Fear-Less is based on extensive research with families of anxious children by clinical psychologists. It can work for you too.



Rising Stars: Leader in Training

Ages 6-12

Children will learn how to overcome their negative self-talk and start believing in themselves and their abilities! In this program, children will build their confidence and leadership skills, learn healthy assertiveness, practice problem-solving, and develop their growth mindset. This program is part of our Family Evenings.



Kimochi Kids!

Ages 2.5-6

Our "Let's Get Messy" program welcomes children aged 2.5 to 6 to explore sensory wonders! It's all about touching different textures, smelling cool scents, and discovering unique shapes. With friendly guidance, kids enjoy hands-on experiences that boost skills like language, fine movements, problem-solving, and sharing. We're not just having fun – we're learning too. Each week, we dive into new activities, make friends, and create memories. So, join us in this journey of play, learning, and growth!



Early Learners *Programs*

AGES 0-6 YEARS OLD
PARENTED PROGRAMS

Children's Programs

Little VanGogh

Ages 0-6



Little VanGogh is a one-hour parented art exploration program for young children and their caregivers, which allows your child to get messy and creative without you having to worry about the clean up! Each week, you will be introduced to a new artist and their artwork. Drawing inspiration from that artist, we will then use different tools to create our own masterpieces! For this session, we will be creating artwork based on a selection of Indigenous artists.

DATES	TIME	LOCATION
Monday Oct 7 -Dec 2 Break Oct 14, Nov 4, Nov 11	10am-11am	YMCA Castle Downs 11510 153 Ave NW

Learning Through Play!

Ages 0-6



Learning through play allows for little brains to understand the world around them. Exposed to intentional open-ended activities help develop a child's emotional, social, cognitive, and physical development. Parents will learn about the stages of development and how play can set up their little one for success.

DATES	TIME	LOCATION
Tuesday Oct 1 - Dec 3 Breaks: Nov 5	10:00-11:00am	Balwin Community League 12904 74 st NW

Children's Programs



Bright Minds Adventures Ages 2.5-6

Join us every week for STEAM (science, technology, engineering, art, mathematics) based learning. This program will provide the opportunity for children to learn life-skills, ingenuity, resourcefulness, patience, and curiosity. Our Bright Minds program is designed to build confidence and support the transition to school by offering a variety of developmentally appropriate activities. Parents must stay on site and are encouraged to join the "Parenting With Purpose" program

DATES	TIME	LOCATION
Tuesday Sept 17 - Dec 3 Break Nov 5	9:30am-11:30am	KARA 6717 132 Ave, NW
Thursday Sept 19 - Dec 5	9:30am-11:30am	KARA 6717 132 Ave, NW



Little Talkers Ages 0-6

Nurturing Speech Development in Early Childhood is a lively program aimed at boosting language skills in children from birth to age 6. Through fun activities, songs, and interactive exercises, "Little Talkers" supports young learners in building key speech and communication abilities. Parents will receive tools and activities to continue the learning at home. ** This program will be piloted during Parenting with a Purpose, children will attend Brightminds

DATES	TIME	LOCATION
Thursday Oct 3 - Oct 31 Break Nov 7	9:30-11:30	KARA Main 6717 132 Ave NW

All Programs are FREE

Children's Programs



Books & Bites

Ages 0-6

Join us each week to read a new storybook, learn basic kitchen skills, and connect with other families in the neighbourhood! This parented program will introduce participants to easy kitchen skills such as scooping and pouring ingredients, measuring, and cutting using wooden child safe knives. Each session, we will read our book and then make and eat a snack themed around the story!

DATES	TIME	LOCATION
Friday Sept 18 - Dec 6	10:00-11:30am	Dunluce 11930 162 Ave NW, Unit 9



Young Minds! Problem Solving

Ages 0-6

Children will have the opportunity to develop the skills and confidence they need to form positive peer relationships. This program was developed using the We Thinkers! curriculum. This program is part of our Family Evening.

DATES	TIME	LOCATION
Friday Oct 4 - Dec 6	10:00-11:30	KARA - Too 5606 134A Ave NW



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Youth *Programs*

AGES 6-12 YEARS OLD
UNPARENTED PROGRAMS

Youth Programs



Rising Stars: Leader in Training

Ages 6-12

Children will learn how to overcome their negative self-talk and start believing in themselves and their abilities! In this program, children will build their confidence and leadership skills, learn healthy assertiveness, practice problem-solving, and develop their growth mindset. This program is part of our Family Evenings.

DATES	TIME	LOCATION
Wednesday Nov 13 - Dec 11	5:30pm-7:30pm Dinner at 5pm	KARA 6717 132 Ave, NW



Kids in the Kitchen

Ages 6-12

Your children will master some basic kitchen skills while building their confidence cooking a meal! They will prepare nutritious food together and bring it home for your family to enjoy! This program will support the development of fine/gross motor skills, build confidence, and review kitchen skills and safety.

NOTE: This program looks different this Fall. We will run 2 sessions, 5 weeks long. If interested in participating please email maresa@kara-frc.ca.

DATES	TIME	LOCATION
Thursday Oct 2 - Oct 30	2:45pm-4:30pm	KARA 6717 132 Ave, NW
Thursday Nov 13- Dec 11	2:45pm-4:30pm	KARA 6717 132 Ave, NW

Children's Programs



Afterschool Adventures *Ages 6-12*

Children will have the opportunity to unplug and connect with others while building their self-esteem. Enjoy a variety of crafts, games, and outdoor activities designed to encourage positive peer relationships while building confidence.

DATES	TIME	LOCATION
Monday Sept 16 - Dec 2 Breaks: Sept 30, Oct 14, Nov 4, Nov 11	3:30pm-5:00pm	KARA - Too 5606 134A Ave NW
Tuesday Sept 17 - Dec 3 Break: Nov 5	3:30pm-5:00pm	Dunluce 11930 162 Ave, Unit 9
Thursday Sept 18 - Dec 5 Break: Nov 7	2:30pm-4:30pm	Dunluce 11930 162 Ave, Unit 9



Literacy Programs

With Centre for Family Literacy



Story Sprouts

Ages 0-6

COW Corner is a fun program that explores early literacy, numeracy and language development. Parents and children will explore early literacy through songs, activities and interactive story sharing. Each week has a different theme, come and discover which is your favourite!

DATES	TIME	LOCATION
Friday Oct 4 - Dec 6	9:30am-11:00am	YMCA Castle Downs



Family Book Club

Ages 3-6

Family Book Club is an engaging program that allows parents and their children to develop and strengthen their literacy, numeracy and language skills through interactive story sharing and weekly activities.

DATES	TIME	LOCATION
Tuesday Oct 1 - Dec 3	6:15pm-7:00pm	Virtual



Parent & Caregiver *Programs*

ALL PARENTS & CAREGIVERS WELCOME

Parent Education



Parenting with Purpose (with Brightmind Adventures)

Parents

Backed by 17 scientifically proven strategies, this program is designed to empower parents and transform the parenting experience! Join our dynamic group where you'll have the opportunity to immerse yourself in the diverse and enriching experiences of parenting. Embark on a journey that promises not just knowledge, but a transformative and empowering approach to parenthood. This is a paired program with Bright Minds Adventures. Childcare is provided (limited spots so please sign up early).

DATES	TIME	LOCATION
Tuesday Sept 17 - Dec 3 Break Nov 5	9:30am-11:30am	KARA 6717 132Ave, NW
Thursday Sept 19 - Dec 5 Break Nov 7	9:30am-11:30am	KARA 6717 132Ave, NW



Triple P Online

Parents

The Triple P – Positive Parenting Program® that empowers every family by equipping parents with the skills and confidence they need to address a wide range of challenges, from temper tantrums to sleep patterns, and supporting those with children who have additional needs or mental health struggles. With a focus on building positive relationships, attitudes, and conduct, Triple P helps parents manage any family issue and fosters a stronger, more harmonious family dynamic.

DATES	TIME	LOCATION
Monday Sept 16 - Nov 25 Break Sept 30, Oct 14, Nov 11	6:00pm-8:00pm	Virtual

Parent Education



Kimochi Parent!

Parents

Newcomers often struggle with child rearing in a culture with very different practices and expectations from their own. This program looks into some of the challenges that newcomer parents and children face and helps parents build positive parenting skills while embracing the essence of their own cultural backgrounds.

DATES	TIME	LOCATION
Wednesday Nov 13 - Dec 11	5:30-7:00 *Dinner served 5:00pm	KARA 6717 132Ave, NW



One-on-One Parenting

Parents

This program welcomes all expecting moms. You will learn valuable tips and tricks from our amazing guest speakers. Some past topics have included: postpartum care, car seat safety, nutrition, and money tips. Every second week indulge in some much needed pampering!

Childcare will be provided for children 0-6 yrs.

DATES	TIME	LOCATION
Wednesday Oct 2 - Dec 4 Break Nov 6	1:00pm-3:30pm	KARA 6717 132Ave, NW



Special Events



PD DAYS AT KARA

November 8

Ages: 6-12 years

Time: 1:00-3:00

Location: KARA Main

With Snack served

Home Alone

Kids in the Kitchen: Teen

FREE to attend!
Please register in advance.

EVENTS WITH KARA



Hullabaloo at the HUB

September 7

Time: 10:00-3:00

YMCA Castledowns

11510 153 AVE

Hub-a-Ween

October 31

Time: 9-3

YMCA Castledowns

11510 153 AVE

Trunk or Treat

October 31

Time: 6:00-9:00

Vantage Point Church

6712 Delwood Rd NW

Winterfest

December 14

Time: 10:00-12:00

Location: TBD



FREE to attend!

Please register in advance.



GIVE BACK: VOLUNTEERS NEEDED!

Email: nikki@kara-frc.ca

Baby Cuddlers

Program: Bright Minds Adventures
Hours: 9:30am-11:30am, Tuesday & Thursday
Commitment: 12 weeks

Homecook

Program: Kids in the Kitchen
Hours: 2:30pm-4:30pm, Thursday
Commitment: 10 weeks

Leader in Training

Program: Rising Stars
Hours: 5:00pm-7:00pm
Commitment: 5 weeks

Stem Enthusiast

Program: Afterschool Adventures
Hours: 2:30pm-5:00pm or 3:00pm-5:30pm
(1 to 3 times per week)
Commitment: 13 weeks



SERVE UP SUCCESS: SPONSOR A CHILD IN THE KITCHEN

For just **\$25 a month**, you can empower a child to join our "Kids in the Kitchen" program. Your generous gift will give them the opportunity to learn essential cooking skills and bring home a delicious dinner for their family.

Start your monthly donation today!

www.kara-frc.com/donate



WE'RE HIRING!

Casual Cook Position

Mondays, Sept 16-Dec 2
11:30am - 3:30pm

Responsibilities:

- Washing and prepping produce
- Preparing and storing snacks per program
- Lunch prep
- Kitchen cleaning
- Pantry Maintenance

Must have AHS Safe Food Handling certificate

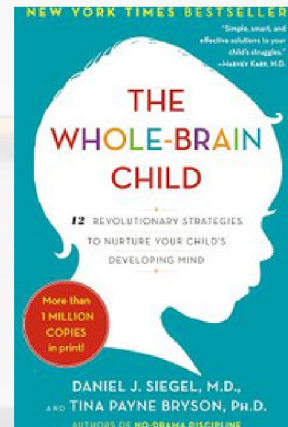
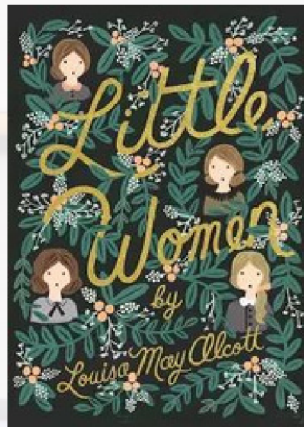
Email: stasia@kara-frc.ca



A stack of several books is shown against a blurred background of green foliage. On top of the stack, there is a white mug with a brown pattern of trees and a cup of coffee. Next to the mug is an open book with a few autumn leaves scattered around it.

FALL BOOK RECOMMENDATIONS

Courtesy of Edmonton Public Library



For a full list of EPL recommendation go here: :
https://epl.bibliocommons.com/list/share/1077576827_eplpicks/2172681144_epl_picks_fall_fun

KARA Family Resource Centre
is funded by:

