




# AT A GLANCE

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

