

# PROGRAMS AT A GLANCE

Winter 2026

## MONDAY

### Little Van Gogh

Jan 12 - Mar 23  
(Break: Feb 16)  
0-6yrs

10:00am-11:00am  
\*Parented\*

### Books & Bites

Jan 12 - Mar 23  
(Break: Feb 16)  
0-6yrs

10:00am-11:30am

### After- Dark Book Club

Jan 12 - Mar 23  
(Break: Feb 16)  
6:00pm-7:00pm  
Parent Education

## TUESDAY

### Books & Bites

Jan 13 - Mar 24  
0-6yrs  
10:00am-11:30am  
\*Parented\*

### Adventures in Play

Jan 13 - Mar 24  
0-6yrs  
10:00am-11:30am  
\*Parented\*

### Mom to Mom

Jan 20 - Mar 24  
10:00am-11:30am  
Parent Education

### Glow Together

Jan 13 - Mar 24  
10-12yrs  
3:30pm-5:00pm

### Afterschool Adventures

Jan 13 - Mar 24  
6-12yrs  
3:30pm-5:00pm

## WEDNESDAY

### Family Fun Night

Jan 21 - Mar 25  
All Ages  
Dinner at 5:00pm  
Programs:  
5:30pm-7:00pm

Bring the whole  
family for an  
evening of  
laughter,  
learning, and  
connection!

## THURSDAY

### Adventures in Play

Jan 15 - Mar 26  
0-6yrs  
10:00am-11:30am  
\*Parented\*

### Nurturing Families Book Club

Feb 5 - Mar 26  
10am-11:00am  
Parent Education

### Afterschool Adventures

Jan 15 - Mar 26  
6-12yrs  
2:30pm-4:30pm

### Glow Together

Jan 15 - Mar 26  
10-12yrs  
3:30pm-5:00pm

### Kids in the Kitchen

#1 Jan 15 - Feb 12  
6-9yrs  
#2 Feb 19 - Mar 19  
10-12yrs  
#3 Mar 26  
All Ages  
3:30pm-5:00pm

## FRIDAY

### Story Sprouts Centre for Family Literacy

Jan 23 - Mar 27  
0-6yrs  
9:30am-11:00am  
\*Parented\*

### Books & Bites

Jan 16 - Mar 27  
0-6yrs  
10:00am-11:30pm  
\*Parented\*

### One-on-One (Appt Only)

Jan 16 - Mar 27  
1:00pm-3:00pm  
Parent Education

See full program guide for more information.



**Register for FREE Programs:**  
Phone: 780-478-5396  
Email: [registration@kara-frc.ca](mailto:registration@kara-frc.ca)



FAMILY  
RESOURCE  
CENTRE