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Program Guide

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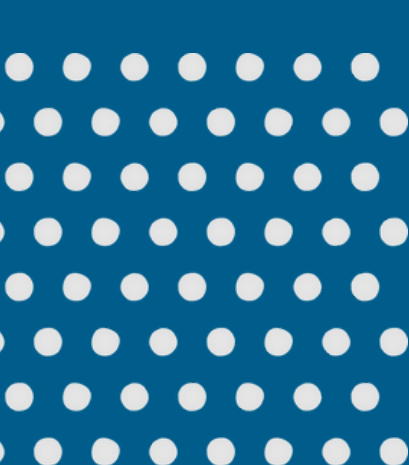
WINTER 2026

**Registration Opens
December 9th 2025**

WWW.KARA-FRC.COM



FAMILY
RESOURCE
CENTRE



FAMILY
RESOURCE
CENTRE

Welcome!

Our 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.

**ALL OUR
PROGRAMS &
SERVICES ARE
FREE!**

About Us

Our Vision

Empower 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.

What We Do

We build meaningful relationships with our clients and community. We seek to meet every person and family where they are in their current life and family circumstance.

We strive to create safe and inclusive experiences that support clients in their parenting and family life.



Guide Contents

Winter 2026

Locations

At a Glance

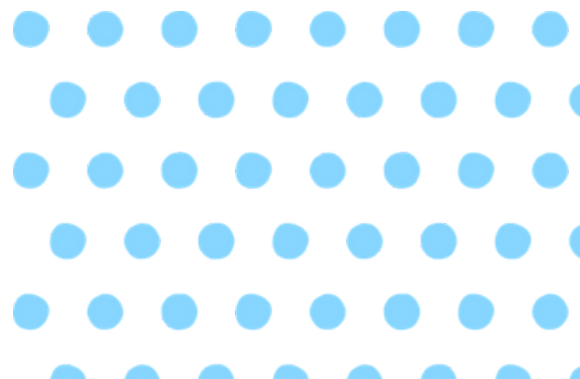
Events

Children's Programs

Adult Programs

Resources

Support Us



Our Locations

KARA Family Resource Centre
Unit #108,
5606 134A Ave NW

KARA Family Resource Centre is located in the Ground-floor level of the Civida housing complex, beside Robert Brett Park.

If you are driving, there is plenty of street parking available.

When you arrive,
dial unit #108 on the
buzzer to be let in



OUR LOCATIONS



KARA

5606 134a Ave NW #108



- Located in the **ground-floor level** of the Civiada housing complex beside Robert Brett Park.
- If you are driving, there is plenty of street parking available.
- **When you arrive, dial unit #108 on the buzzer to be let in**



Dunluce Tenant Centre

UNIT 9, 11930 162 AVE NW

If you are coming from the East on 162 Ave:

- Pass St. Lucy Catholic School on your right
- 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.
- **Turn left into the housing complex called Dunluce IV.**

OUR LOCATIONS



Castle Downs YMCA

11510 153 AVE NW

Driving from KARA (15 mins):

- Take Fort Road (northward) up to 137 Ave and turn left (West).
- Follow 137 Ave to Castledowns Rd then turn right (north).
- Continue on Castledowns Rd until you reach 153 Ave, and turn left (West).
- **The Castledowns Family YMCA will be on your right.**



Clareview Headstart

1142 Hermitage Rd Nw

From KARA:

- Take 134a Avenue to Fort Rd and turn left (North).
- Continue until 137 Ave, and turn right (East).
- Continue until 50 St, and turn right (South).
- Continue until Hermitage Rd, and turn left (East).
- Follow Hermitage Rd past the big open field on your right.
- **e4c Clareview Headstart will be on your left, next to a small open field. If you reach Overlanders School, you've gone too far.**

OUR LOCATIONS



Kensington Community League

12130 134b Ave NW

Driving from KARA (about 5-6 minutes):

- Take 134a Avenue Westward to 66 St. and turn right (North).
- Follow 66 St. until 137 Ave, then turn left (West).
- Continue 6 km to 119 St and turn left (South).
- Follow until 134 Ave, and turn right, past Kensington School. **It will be on your right.**



Balwin Community League

12904 74 St NW

Driving from KARA (about 5-6 minutes):

- Take 134a Ave NW east to Fort Rd, and turn right (south).
- Follow Fort Rd until 127 Ave, then turn right.
- Continue to 76 St and turn right (north).
- **Balwin Community League will be in front of you, located in the middle of the park.**

OUR LOCATIONS



Londonderry Community League

14224 74 St NW

Driving from KARA (5 mins):

- From KARA, take 134a Avenue westward to 66 Street and turn right (North).
- Follow 66 Street to 137 Avenue and turn left (West).
- Follow 137 Avenue past Londonderry Mall until 74 Street and turn right (North).
- **After you pass 141 Ave, it will be on your left.**



Rosslyn Community League

11015 134 Ave

Driving from KARA:

- Head west on 134A Ave NW from KARA.
- Continue onto 134 Ave NW, staying on 134 Avenue.
- Follow 134 Ave NW straight until you reach 11015 134 Ave NW. that's Rosslyn Community League.



**Balwin
CommunityLeague**
12904 74 St NW



Castle Downs YMCA
11510 153 AVE
NW



Clareview Headstart
1142 Hermitage Rd N



Dunluce Tenant Centre
UNIT 9, 11930 162 AVE NW



**Kilkenny
Community League**
14910 72 St NW



**Northmount
Community League**
9208 140 Ave NW



**Kensington
Community League**
12130 134b Ave NW



**Rosslyn
Community League**
11015 134 Ave



**Londonderry
Community League**
14224 74 St NW

If you need directions or navigational support to reach any of our community locations, please give us a call at 780-478-5396.

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



FAMILY
RESOURCE
CENTRE



How to Register

ALL PROGRAMS ARE FREE TO ATTEND!



Register by Phone

780-478-5396



Register by Email

registration@kara-frc.ca

*Registration Opens
December 9*

Note:

Some programs will require
you to register by emailing
the Program Facilitator.



Events

Family Evenings

Community Events

Family Fun Night

Bring the Whole Family!

Fun Night

ALL AGES

DINNER INCLUDED

Join us for an evening of fun at the Fall Fest! Bring the whole family for a lively evening packed with games, learning, delicious food, and activities for all ages. From kids activities to caregiver support, there's something for everyone to enjoy. Each group runs at the same time but independently so each group can focus on what they are learning. Don't miss this chance to build connections with your loved ones!



Wednesdays

5:00PM-7:00PM

JAN 21 - MAR 25

Dinner served at 5pm.



E4C Headstart

1142 Hermitage Rd NW





Children's Programs

Early Learners

Ages 0-6

Literacy Programs

Ages 0-6

Youth Programs

Ages 6-12

Early Learners

Ages 0-6



Little VanGogh

AGES 0-6 PARENTED

This one-hour, hands-on program is all about creativity without the stress - your child can dive into paints, textures, and colours while we take care of the clean up! Each week features a different artist and their work, sparking inspiration for our own unique creations. Using a variety of tools and techniques, we'll turn ideas into masterpieces and let imaginations shine.



Mondays

10AM-11AM

JAN 12 - MAR 23

No classes Feb 16



YMCA Castle Downs

11510 153 AVE NW



Adventures in Play

AGES 0-6 PARENTED

Learning through play allows 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.



Tuesdays

10AM-11:30AM

JAN 13 - MAR 24



Balwin Community League

12904 74 St NW



Adventures in Play

AGES 0-6 PARENTED

Adventures in Play is a fun, active and engaging program for children and their care-givers. Each week supports physical development through movement-based play and simple sensory/ art activities - no mess required!

Aligned with FLIGHT, this program, helps children build confidence, coordination, and connection through hands-on learning and exploration.



Thursdays

10AM-11:30AM

JAN 15 - MAR 26



Kensington Community League

12130 134b Ave NW

Books & Bites

AGES 0-6

PARENTED

Books and Bites is a weekly parented program where stories come to life in the kitchen! Each session begins with cozy story time, followed by a hands-on cooking activity inspired by the book.

Children will practice simple, safe kitchen skills - like scooping, pouring, measuring, and cutting with wooden child - safety knives while creating a tasty themed snack to enjoy together. It's a chance to learn, create and connect with other families in the community.



Mondays

10AM-11:30AM

JAN 12 - MAR 23

No classes Feb 16



Tuesdays

10AM-11:30AM

JAN 13 - MAR 24



Fridays

10AM-11:30AM

JAN 16 - MAR 27



Rosslyn Community League

11015 134 Ave



Londonderry Community League

14224 74 St NW



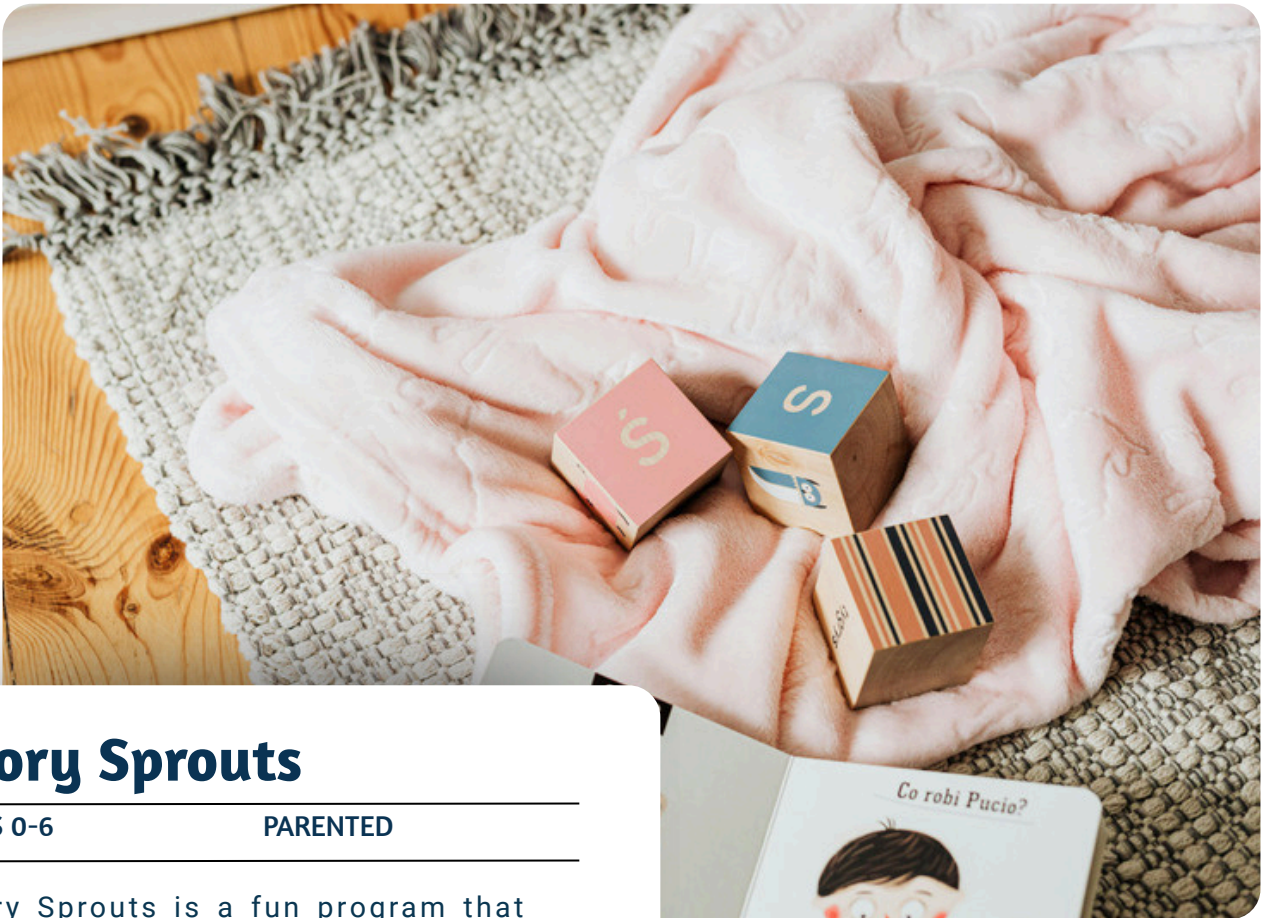
Dunluce Tenant Centre

UNIT 9, 11930 162 AVE NW



Literacy Programs

with Centre for Family Literacy



Story Sprouts

AGES 0-6

PARENTED

Story Sprouts 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!



Fridays

9:30AM-11AM

JAN 23 - MAR 27



**YMCA
Castle Downs**

11510 153 Ave NW



Youth Programs

Ages 6-12



Kids in the Kitchen

SESSION 1: AGES 6-12

SESSION 2: AGES 10-12

SESSION 3: ALL AGES

Session 1- Little Sprouts - New to the Kitchen

This session offers a warm and welcoming introduction to cooking for young chefs. Participants will explore basic kitchen skills through simple, hands-on activities that build confidence and curiosity. It's a fun and encouraging way for our chefs to begin their culinary journey.

Session 2- Sugar, Spice & Everything Nice

Designed for older kids who are building confidence in the kitchen, this session explores more advanced techniques and exciting flavors. Participants will have the chance to get creative, practice new skills, and experiment with their own ideas. It's the perfect opportunity for culinary chefs to take their cooking to the next level.

Session 3- One Day Baking

A fun, one-day baking adventure where participants of all ages come together to mix, bake, and enjoy delicious treats—learning new skills and sharing the joy of baking one batch at a time!



Thursdays

3:30PM-5:00PM

1: JAN 15 - FEB 12

2: FEB 19 - MAR 19

3: MAR 26



Northmount

Community League

9208 140 Ave NW

Please email: maresa@kara-frc.ca to register



After School Adventures

AGES 6-12

After School Adventures offers children a chance to unplug, make friends, and build confidence in a fun, supportive environment—three days a week! Each session is packed with crafts, games, and outdoor activities that inspire creativity, teamwork, and positive peer connections. It's the perfect way to wind down after school while learning, playing, and growing together.



Tuesdays

3:30PM - 5:00PM

JAN 13 - MAR 24



Thursdays

2:30PM - 4:30PM

JAN 15 - MAR 26



Dunluce Tenant Centre

Unit 9
11930 162 Ave NW,



Dunluce Tenant Centre

Unit 9
11930 162 Ave NW,



Glow Together

AGES 10-13

Glow together is a fun, supportive program designed to help young teens build confidence, friendships and essential life skills. Through creative activities like games, art, group discussions, and movement-based sessions, participants explore topics like communication, self-esteem, and problem-solving. The program also encourages community stewardship, giving youth the opportunity to take part in meaningful service projects that make a difference in their neighbourhoods.



Tuesdays

3:30PM - 5:00PM

JAN 13 - MAR 24



Balwin Community League

12904 74 St NW



Thursdays

3:30PM - 5:00PM

JAN 15 - MAR 26



Kilkenny Community League

14910 72 St



Parent Programs

Group Programs
LEARN WITH OTHER PARENTS

Family Navigator
PERSONALIZED SUPPORT

Parent Programs

LEARN WITH OTHER PARENTS



After - Dark Book Club

Unwind from the day and join us online for relaxed conversations and great reads. This after-hours book club explores engaging stories and fresh perspectives. Come together to build connections, share reflections, and enjoy a welcoming space to end your evening. **10 participants will receive a free copy of the book (audio version available upon request). A \$25 deposit is required and will be refunded upon completion of at least 8 of 10 sessions.**



Mondays

6:00PM-7:00PM

JAN 12 - MAR 23

No classes Feb 16



Virtual

Zoom



Mom to Mom

Whether you're expecting or caring for your little one in their first year, Mom to Mom is here with support, resources, and connection.

Join us in a welcoming space to share experiences and explore the journey from pregnancy through 12 months—covering emotional support, baby basics, postpartum care, self-care for moms, and more!



Tuesdays

10:00AM-11:30AM

JAN 20 - MAR 24



YMCA CastleDowns

11510 153 AVE NW



Nurturing Families Book Club

A warm, connection-centered book club where we dive into thoughtful conversations about family life and personal growth. Come share insights, build community, and feel supported throughout your parenting journey.

10 participants will receive a free copy of the book (audio version available upon request). A \$25 deposit is required and will be refunded upon completion of at least 8 of 10 sessions.



Thursdays

10:00AM-11:00AM

FEB 5 - MAR 26



Virtual

Zoom



One-on-One Support

Book your appointment today! Our Family Engagement Worker offers one-on-one support tailored to your family's needs, including programs like Triple P, Kids Have Stress, and Positive Discipline. Get personalized guidance and strategies to support your family's well-being.



Fridays

1:00PM-3:00PM

**APPOINTMENT
ONLY**



KARA

Unit #108

5606 134A Ave NW



Family Navigator

PERSONALIZED SUPPORT

Connecting You to Resources

DROP-IN OR MAKE AN APPOINTMENT

Whatever challenges you and your family might be facing, the Family Resource Navigator is here to support you. Let us help you understand what resources might be available to you. They will work with you to fill out applications, connect to other organization services or help you understand the systems that you are navigating. You're welcome to come talk to the Family Navigator about whatever circumstances you are facing, whether that is affordable housing, making sure you have enough meals and groceries at home, getting access to mental health supports, or disability related supports like FSCD or AISH. The Family Navigator has open office hours three days per week when you are welcome to drop-in, no appointment necessary. Alternatively, you can call or email to set up an appointment time outside of these hours.

Drop-In Times



TUESDAY
1PM-3PM



WEDNESDAY
9AM-12PM



FRIDAY
9AM-12PM



KARA
Unit #108
5606 134A Ave NW

Appointments



BOOK TODAY

587-525-7279
FAMILYNAVIGATOR@KARA-FRC.CA

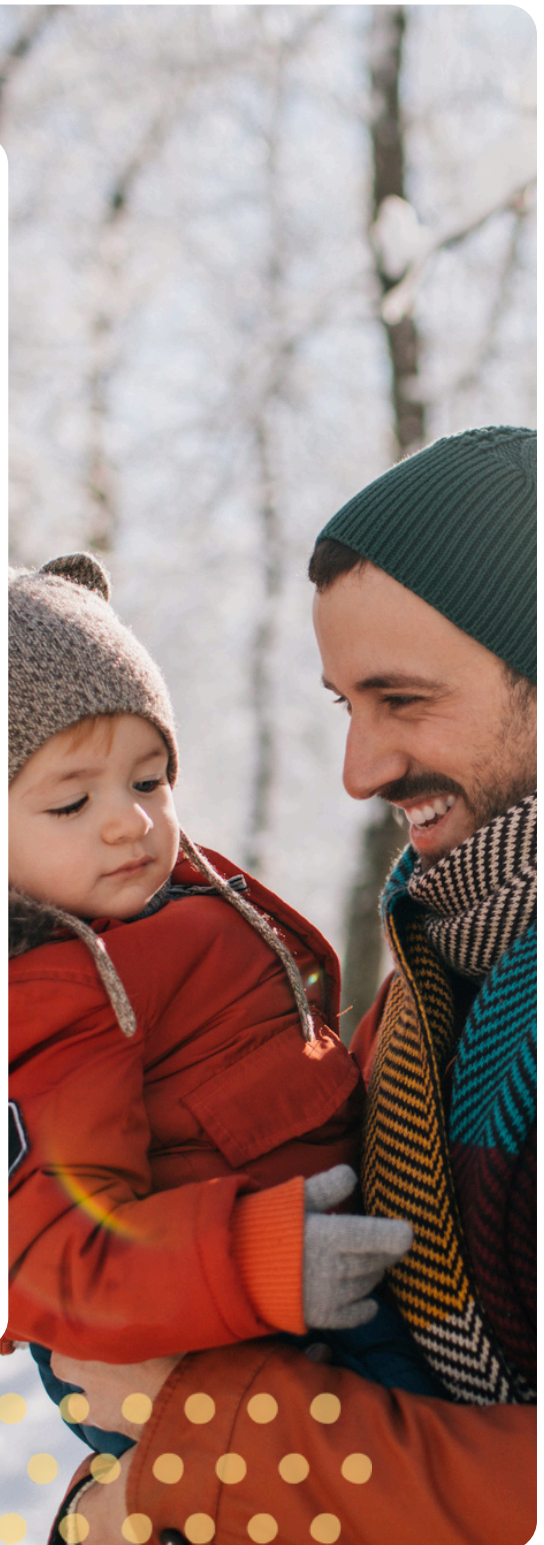


Virtual

OR



KARA
Unit #108
5606 134A Ave NW





Family Navigator Services

Navigating Systems

In today's complex world, you may need a little help in navigating through various systems such as healthcare, education, social services, and more. Our Family Navigator can help you access resources, understand processes, and overcome hurdles.

Resource Connection

Our Family Navigators can help connect you with relevant resources. This includes identifying community services, support groups, educational programs, and other resources that can contribute to your well-being and success.

Individualized Support

The KARA Family Navigator is dedicated to understanding the unique needs and circumstances of your family, as well as learning your unique strengths! By providing personalized support, the navigator can offer tailored solutions and guidance based on recognizing the specific challenges you may be facing.

Advocacy

Our Family Navigator serves as an advocate, supporting you in your journey to ensure your needs are heard and addressed.

Education & Empowerment

Beyond providing immediate assistance, the Family Resource Navigator is here to support you. They will work with you to fill out applications, connect to other organization services, or help you understand the systems that you are navigating.

A photograph of four young children of diverse backgrounds sitting on a wooden floor in a classroom, focused on drawing on a large sheet of paper. The child on the far left is a boy with light brown hair, looking down at his drawing. Next to him is a girl with long brown hair, also looking down. In the center is a girl with dark curly hair, wearing a yellow and blue shirt, looking intently at her work. On the right is a girl with dark curly hair, wearing a yellow shirt, looking down. The background shows a bright classroom with yellow tables and chairs, and a colorful abstract painting on the wall. The image is overlaid with a semi-transparent blue band containing text and two buttons. Yellow polka dots are scattered in the top right and bottom left corners.

Resources

In-Person Resources

Online Resources

In Person Resources

Unit #108 5606 134A Ave NW



Community Support

AGES 0-6

PARENTED

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.



Contact to Book

587-525-7279

familynavigator@kara-frc.ca



KARA

UNIT #108
5606 134A AVE NW



One-on-One Support

AGES 0-6

PARENTED

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.



Contact to Book

587-525-7279

familynavigator@kara-frc.ca



KARA

UNIT #108
5606 134A AVE NW



Milestone Check-In

AGES 0-6

PARENTED

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



Contact to Book

587-525-7279

familynavigator@kara-frc.ca



KARA

UNIT #108
5606 134A AVE NW



Online Resources

www.kara-frc.com



Connecting You to Services

www.kara-frc.com

Whatever challenges you and your family might be facing, KARA Family Resource Centre is here to support you. Explore our free resources online designed to help families learn, grow, and thrive. While you're there, be sure to check out our free programs and services, all created to support you every step of the way.



Parenting Tip Sheets

Self-Serve Online

Check out some of our Parenting Tip Sheets designed to support caregivers through every stage of their child's development. These easy-to-read resources cover topics like positive discipline, emotional regulation, healthy routines, and building strong family connections.



Sensory Activities

Self-Serve Online

Looking for fun and engaging ways to support your child's development? KARA's Kids' Sensory Activities are designed to spark creativity, enhance learning, and help children explore the world through play.



Big Life Journal

Self-Serve Online

Encourage growth, mindfulness, and outdoor adventure with the Big Life Journal and 1000 Hours Outside trackers! These tools help families set meaningful goals, celebrate progress, and spend more time connecting – both indoors and out.

Support Us

Volunteers Needed

Email: nikki@kara-frc.ca

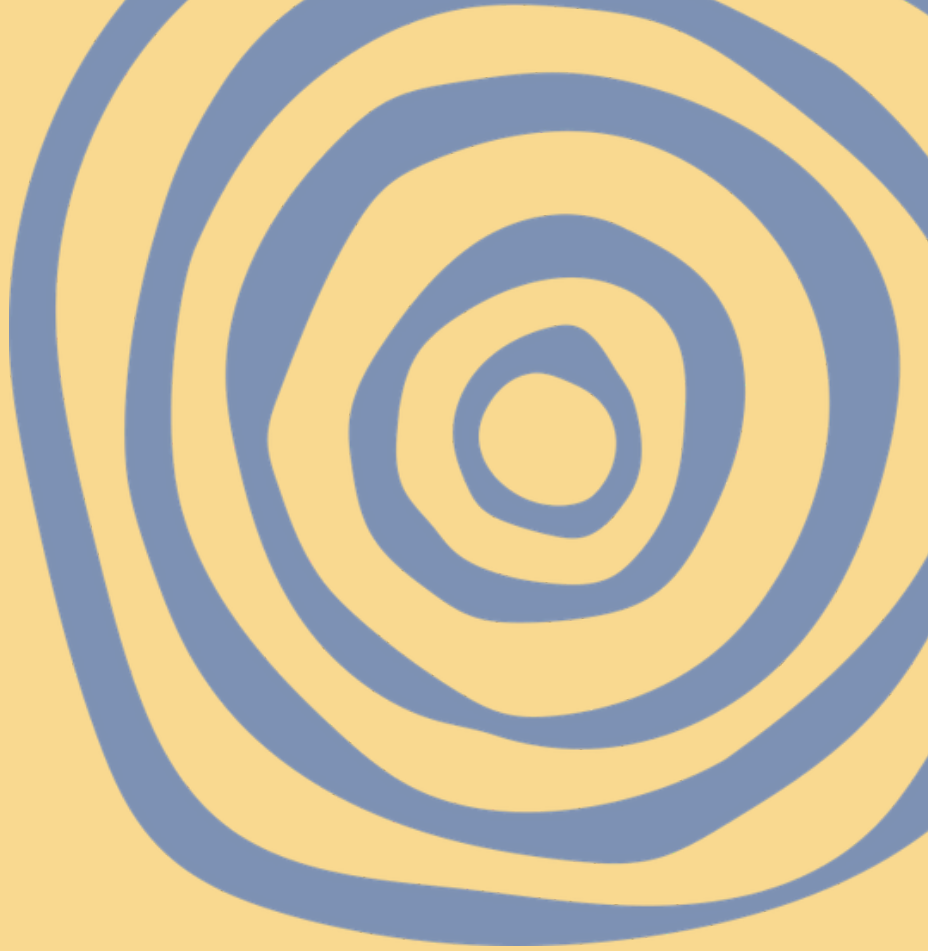
We're always looking for volunteers to support our programs across KARA's locations. Opportunities include program support, food pick-up, administrative and custodial help, event assistance and more!

Donate Today!

You can make an impact in your community. Your donation helps KARA Family Resource Centre provide essential programs and services to families in our community. Every contribution counts!

Email: marc@kara-frc.ca





CONTACT

www.kara-frc.com

587-525-7279
familynavigator@kara-frc.ca



KARA

UNIT #108
5606 134A AVE NW