



JASPER PLACE
Family Resource Centre

Jasper Place Family Resource Centre

PROGRAM GUIDE

(January - March 2024)

Our funders:

FCSS
Family & Community
Support Services



Alberta

*Provincial Family
Resource Networks*

For more information,
please call **587-635-1775** or
Visit www.jasperplace-cfrc.com





JANUARY-MARCH

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PARENT AND CAREGIVER SUPPORT

EVIDENCE-BASED SESSIONS

These sessions will include various resources for parents and caregivers of young children 0-12/ Teen 11-18 years. Come share your journey with us...

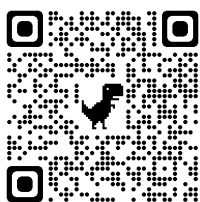
Groups for January - March 2024

• Baby and You @ Cabrini <i>*Healthy snack & childcare provided</i>	Tuesday @ 1 pm	In person
• Baby and You @ The Orange Hub	Wednesday @ 10 am	In person
• Bonding Together -Parent and Baby	Thursday @ 1:30 pm	Online
• CARE Program Jan 31, Feb 28, Mar 20 <i>*A meal & childcare provided @ Cabrini</i>	Wednesday @ 5:30 pm	In person
• Infant Massage <i>March 5, 12 & 19 @ LaPerle</i>	Tuesday @ 1 pm	In person
• Infant Massage <i>Jan 24, Jan 31, Feb 7, Feb 14 @ The Orange Hub</i>	Wednesdays @ 10 am	In person
• Parenting in Two Cultures <i>*Healthy snack & childcare provided @ Cabrini</i>	Saturday @ 10 am	In person

**For program dates and availability, Check our website's calendar.*

One-on-One programs (Available)

- **Ages and Stages Questionnaire**
- **Health for Two**
- **Rapid Access Counselling** (Free one hour session in partnership with The Family Centre)
- **Triple P- Positive Parenting Program**
- **Circle of Security**



For more information,
please call at **587-635-1775** or
Visit <https://jasperplace-cfrc.com/calendar/>

PROGRAM DETAILS

Best suited for: *pregnant and newly parenting caregivers of infants who are not yet mobile*

Parenting or expecting a baby can bring forth some challenges as well as joys! Come share your journey at our groups. This is a time for meeting other families, sharing of community resources, early learning activities, and topics relating to raising infants.

Guest speakers are invited to join us for most sessions to share information about different topics relating to raising infants and pregnancy...

**Healthy snack & childcare provided*

**Tuesdays @ Cabrini and Wednesdays @ The Orange Hub*

Baby and You



Infant Massage

Best suited for: *parents/caregivers & infants from 1 – 12 months*



Infant massage is incredibly beneficial to both baby and carer as it encourages bonding, body awareness, promotes relaxation, sleep, and so much more. Participants will have an opportunity to slow down and connect with their infant in a calm setting and try their hand at massage.

There will also be the chance for discussion and connection with other carers who are also parenting an infant.

@ LaPerle | Mar 5, Mar 12, Mar 19 | 1:00 pm - 2:30 pm

@ The Orange Hub | Jan 24 - Feb 14 | 10:00 am - 11:30 am at Baby and You group (**Registration required**)

PROGRAM DETAILS

C.A.R.E. Program

Best suited for: Parents and Caregivers

Connect with other parents and caregivers; a time to spend with other adults

Affirm fellow caregivers by sharing stories and encouraging each other
Recharge! Participate as you feel comfortable, share a meal and conversation.

Engage in resources and sharing that will help promote and maintain a healthy self and family unit.

**Children of participants can partake in play experiences in the gym with facilitators. **

@ Cabrini Centre

*Registration required *Free Parking



Bonding Together *Parent and baby*

Best suited for: Pregnant and parenting caregivers of infants/toddlers who are looking for knowledge, support and encouragement with breast/chestfeeding

This program provides a nurturing, engaging environment with opportunities for parents to share their knowledge, experiences, challenges and joys with breast/chestfeeding. Parents are encouraged to provide support to one another and naturally build social connections along the way. The facilitators welcome any questions and will share relevant information and resources each week.

This group is facilitated by: an accredited **La Leche League Canada Leader**, a non-profit organization that provides breast/chestfeeding support, as well as a **certified lactation counselor** and **educator**.



NOTE: Registration required to get the Zoom link

For more information:

<https://jasperplace-cfrc.com/calendar/>

REGISTER NOW!

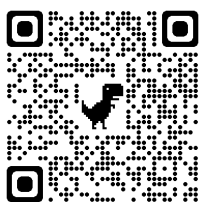
PLAY LEARN CONNECT

LEARNING THROUGH PLAY-BASED SESSIONS

Groups for January - March 2024

Programs available	Mon	Tue	Wed	Thurs	Fri
• Come Play with Me Morning @ LaPerle	9:30 am - 11:30 am	9:30 am - 11:30 am	9:30 am - 11:30 am	9:30 am - 11:30 am	-
• Come Play with Me Afternoon @ LaPerle	-	-	1:00 pm - 2:30 pm	1:00 pm - 3:00 pm	-
• Stay and Play @ Cabrini	9:30 am - 11:30 am	9:30 am - 2:00 pm	9:30 am - 2:00 pm	9:30 am - 2:00 pm	9:30 am - 11:30 am
• Baby Sing and Sensory @ LaPerle	-	1:00 pm - 2:30 pm	-	-	-
• EPL- Sing, Sign, Laugh & Learn Tuesdays @ Willowby, Wednesdays @ LaPerle	-	9:30 am - 10:15 am	2:30 pm - 3:15 pm	-	-
• CFL- Rhymes That Bind @ Touchmark	-	-	10:00 am - 11:00 am	-	-
• CFL- PJ Rhymes That Bind Online	-	-	7:00 pm - 7:30 pm	-	-
• CFL- LIFT Family Book Club @ LaPerle	-	-	-	-	9:30 am - 11:00 am
• CFL- Cow Bus @ Willowby	-	-	-	1:00 pm - 3:00 pm	-
• Kids and Dads Growing Together Saturdays, 9:30 am - 11:30 am @ Cabrini					

**Drop-in is welcome at all of our playgroups*
**Please check our website for program details*



For more information,
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Visit <https://jasperplace-cfrc.com/calendar/>

PROGRAM DETAILS

Baby Sing and Sensory

Best suited for: Parents of children aged 0 – 18 mos.

The first years of a child's life is an important time for their development. Spend time bonding with your baby and learn how to stimulate all of their senses with puppets, sensory boards and bags, singing, bubbles, and so much more.

@ LaPerle



Best suited for: Children ages 0-3 years

Come Play with Me



This playgroup will encourage positive play-based learning. Children will play and learn with activities specifically designed to encourage their early development and to bring on the fun!

Families within the community will be connected as we come together to play and learn through books, movement, dancing, yoga, activities and so much more! Come and explore different spaces and materials with us!

@ LaPerle

Stay and Play

Best suited for: Children aged 0-6 years

Come and explore different spaces and materials with us! Children will play and learn with activities specifically designed to encourage their early development and to bring on the fun!

@ Cabrini Centre



PROGRAM DETAILS



JASPER PLACE
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Kids and Dads Growing Together

Best suited for: Children aged 0-6 years

Being a Parent is a very worthwhile role and tough to do at the same time!

This group offers space and time to play with your child(ren). There will also be time for a Dads sharing group that will support a view of fathering where we;

- Listen to peer's stories
- Are self-paced
- Take turns discussing different topics
- Recognize each other as vulnerable and strong

Join us Saturday mornings to look at the influences on our fathering, the balance of looking after ourselves and our families, child development, voicing the fathering role and much more.

@ Cabrini Centre | Saturdays | 9:30 am to 11:30 am

Anyone in a fathering role welcome

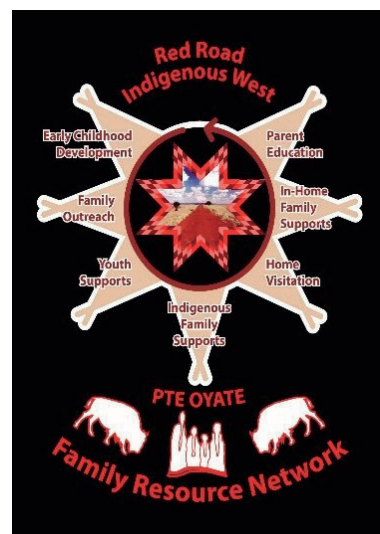
For more information:

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JASPER PLACE
Family Resource Centre

IN-PARTNERSHIP PROGRAMS



EPL PROGRAM DETAILS



Sing, Sign, Laugh and Learn

Best suited for: ages 0-3 years

You and your child from birth to age three are invited to join us for songs, rhymes and signs! In this inclusive class, offered in collaboration with the Edmonton Early Intervention Program, parents/caregivers will interact one-on-one with their child while learning strategies to engage their child and enhance their child's communication and development through repetition, visuals and movement.

****Drop in-person at two of our locations***

- **@ Willowby** | Tuesdays, Jan 9 - Feb 20, 2024 from 9:30 am to 10:15 am
- **@ LaPerle** | Wednesdays, Jan 9 - Feb 20, 2024 from 2:30 pm to 3:15 pm

****Drop-in welcome***



Willowby



LaPerle

Register by scanning the QR code or clicking on the text underneath to secure your spot!

For more information:

<https://jasperplace-cfrc.com/calendar/>

CFL PROGRAM DETAILS



- **Intergenerational Rhymes That Bind** | ages 0-2 years
@ **Touchmark at Wedgewood** | Wednesdays, Jan 17 - Mar 20, 2024, 10:00 to 11:00 am

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- **Pajama Time Rhymes That Bind** | ages 0-3 years
Online | Wednesdays, Jan 17 - Mar 20, 2024, 7:00 pm to 7:30 pm

-
- **COW Corner Bus** | ages 0-6 years
@ **Willowby** | Thursdays, Jan 18 - Mar 21, 2024, 1:00 pm to 3:00 pm

-
- **Family Book Club** | ages 3-6 years
@ **LaPerle** | Fridays, Jan 19 - Mar 22, 2024, 9:30 am to 11:00 am





RED ROAD HEALING SOCIETY PROGRAM DETAILS

• **Infant Massage** at **Baby and You** | parents/caregivers & Infants from 1 – 12 months
@ **The Orange Hub** | Wednesdays, Jan 24 - Feb 14, 2024, 10:00 to 11:30 am

• **Moss Bag making** at **Baby and You** | parents/caregivers & Infants from 1 – 12 months
@ **The Orange Hub** | Wednesdays, Feb 21 - Feb 28, 2024, 10:00 to 11:30 am

Photo Credits- Brittany Biedermann from Pinterest



*Registration Required

For more information:

<https://jasperplace-cfrc.com/calendar/>



TRIPLE P

(FEATURED PROGRAM)



JASPER PLACE
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TRIPLE P

THE POWER OF POSITIVE PARENTING

Triple P is the flexible, practical way to develop skills, strategies, and confidence to handle any parenting situation. This workshop will explore the five core principles of positive parenting.

- Programs that we offer:
- Triple P Primary: One-to-one | group
- Triple P Seminars
- Triple P Discussion groups
- Triple P Fear-less: One-to-one | group | seminar
- Triple P Stepping Stones
- Triple P Standard
- Triple P Enhanced
- Triple P Pathways
- Triple P Teen
- Triple P Baby



for every parent

**Programs also available in French, Mandarin, Farsi, Urdu, Punjabi and Hindi*

For more information:

<https://jasperplace-cfrc.com/calendar/>

ONGOING SERVICES

Jasper Place Family Resource Centre has been actively and proudly supporting the basic needs of the residents in the West Edmonton area.



WE CAN
Food Basket
Society

A city wide food buying cooperative. Members can buy fresh meat and produce at a savings of 20% or more off the regular grocery prices. Our pick up day is the 3rd Thursday of each month. Visit the site <https://wecanfood.com/> for more info

We thank **Bon Ton Bakery** for supporting the West Edmonton community with food security!

BON TON
BAKERY

Families are welcome to help themselves to gently used clothing. Donate clothing that no longer fits your children to the exchange.

We accept donations of gently used infant clothing, sealed formula milk and diapers.

**Formula cannot be expired or opened*



cura
PHYSICAL THERAPIES

We thank **CURA Physical Therapies** for supporting our participants with first free* session of therapy.

**Note- only for registered participants through JPFRC*

Have questions about safely using your child's car seat?

Make an appointment with one of our trained car seat technicians to ensure that your seat is installed correctly.

**Weather permitting.*



For more information:

<https://jasperplace-cfrc.com/calendar/>

TESTIMONIALS

What participants liked about us!

"The information provided by the speakers in Baby and You are valuable and useful. I'm able to implement some of the things mentioned and it helps with our family."

"The Kids & Dads program has had an very positive impact on our family. It has become something we look forward to every week. It is a great opportunity to meet new families and to share, learn, & develop positive parenting techniques."

"The bonding together group was a pivotal part of my postpartum experience and I truly believe I would have had a very dark time without their involvement. The sense of community and practical advice made a huge impact for me! I recommend to all my friends ."

"My daughter and I always look forward to our classes. She really enjoys the singing and activities, and I enjoy those along with the information aspects of Wise Words and Baby and You. I find the information very useful and appreciate that I can express my concerns and the staff will help research and provide me with the knowledge and tools to help me."

"It is an excellent resource to learn, and a safe place to have my kids interact with other kids and adults. We are super thankful for the amazing workers at both the Cabrini and Lessard (Touchmark) location we attend."



For more information:

<https://jasperplace-cfrc.com/calendar/>

JANUARY - MARCH

IMPORTANT DATES TO REMEMBER

- Monday, January 1, 2024
 - Jan 2- Jan 5
 - Saturday, February 17
 - Monday, February 19
 - Mar 25- Mar28
 - Friday, March 29
 - Saturday, March 30
 - Monday, April 1
- New Year 2024 - Centre Closed
 - Family Resource Program Break - No Programs
 - Long Weekend - Centre Closed
 - Family Day - Centre Closed
 - Family Resource Program Break - No Programs
 - Good Friday - Centre Closed
 - Long Weekend - Centre Closed
 - Easter Monday - Centre Closed

Contact Us:

**#413 10045 156 Street
T5P 2P7**

The Orange Hub

Phone: 587-635-1775

**16811 88 Ave NW
T5R 5Y6**

Cabrini Centre

Phone: 780-489-2243

Other Locations:

[LaPerle](#)

#29 9606 180 St NW

***Free parking**

[Willowby Community League](#)

6315 184 St, NW

***Free parking**

(on the East side of the Ormsby school parking lot near the Willowby Community League building)

THANKS FOR YOUR PARTICIPATION!

**Follow us
on social media:**

@JasperPlaceFRC



@JasperPlaceFRC



@jasperplacefrc



SELF-CARE PLANNER

PRIORITISING SELF-CARE IS A VERY IMPORTANT STEP IN LIVING A BALANCED AND STRESS-FREE LIFE. FILL OUT THE BOXES BELOW DURING THE WEEK TO GIVE YOURSELF TIME TO REFLECT.

I'M GRATEFUL FOR

EXERCISE AND NUTRITION

MY BIGGEST SELF-CARE GOAL THIS WEEK

HABITS

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05

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