



**JASPER PLACE**  
Family Resource Centre

**Jasper Place Family Resource Centre**

# PROGRAM GUIDE

(April - June 2024)

Our funders:

**FCSS**  
Family & Community  
Support Services

**Edmonton**

*Alberta*

*Provincial Family  
Resource Networks*

For more information,  
please call 587-635-1775 or  
Visit [www.jasperplace-cfrc.com](http://www.jasperplace-cfrc.com)





APRIL - JUNE

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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...

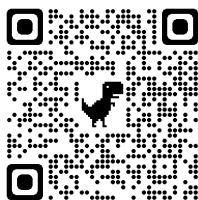
### Groups for April - June 2024

• Baby and You <i>*Healthy snack &amp; childcare provided</i>	Tuesday @ 10 am	Cabrini
• Baby and You <i>*Healthy snack &amp; childcare provided</i>	Wednesday @ 10 am	Orange Hub
• Bonding Together -Parent and Baby	Thursday @ 1:30 pm	Online
• CARE Program <i>*A meal &amp; childcare provided</i>	Wednesday @ 5:30 pm <i>Apr 24, May 29, June 12</i>	Cabrini
• Parenting in Two Cultures <i>*Healthy snack &amp; childcare provided</i>	Saturday @ 10 am <i>Apr 27 - June 15</i>	Cabrini
• Parent Education Sessions <i>In partnership with City West</i>	Thursday @ 6 pm <i>Apr 18, May 9, June 13</i>	Online
• Little Warriors- <i>Prevent It!</i>	Saturday @ 10 am <i>April 13, 10 am to 1 pm</i>	Online
• Little Warriors- <i>Prevent It!</i>	Saturday @ 10 am <i>April 27, 10 am to 1 pm in-person</i>	Orange Hub

*\*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.

*@ Cabrini | Apr 9 - Apr 30 | 10:00 am - 11:30 am at Baby and You group in partnership with **Red Road Healing Society**  
(Registration required)*

**For more information:**

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

## 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

*Apr 24, May 29, June 12*

*\*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: accredited **La Leche League Canada Leaders**, a non-profit organization that provides breast/chestfeeding support.



*NOTE: Registration required to get the Zoom link*

**For more information:**

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

**REGISTER NOW!**



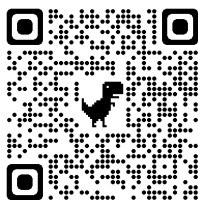
# PLAY LEARN CONNECT

## LEARNING THROUGH PLAY-BASED SESSIONS

### Groups for April - June 2024

Programs available	Mon	Tue	Wed	Thurs	Fri
• <b>Come Play with Me</b> Morning @ LaPerle	9:00 am - 11:30 am	9:00 am - 11:30 am	9:00 am - 11:30 am	9:00 am - 11:30 am	-
• <b>Come Play with Me</b> Afternoon @ LaPerle	-	1:45 pm - 3:30 pm	-	1:00 pm - 3:30 pm	-
• <b>Stay and Play</b> @ 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
• <b>Baby Sing and Sensory</b> @ LaPerle	-	-	1:00 pm - 3:00 pm	-	-
• <b>EPL- Sing, Sign, Laugh &amp; Learn</b> Tuesday mornings @ Willowby	-	9:30 am - 10:15 am	-	-	-
• <b>EPL- Sing, Sign, Laugh &amp; Learn</b> Tuesday afternoons @ LaPerle	-	1:00 pm - 1:45 pm	-	-	-
• <b>CFL- Rhymes That Bind</b> @ Touchmark	-	-	10:00 am - 11:00 am	-	-
• <b>CFL- PJ Rhymes That Bind</b> Online	-	-	7:00 pm - 7:30 pm	-	-
• <b>CFL- LIFT Family Book Club</b> @ LaPerle	-	-	-	-	9:30 am - 11:00 am
• <b>CFL- Cow Bus</b> @ Willowby	-	-	-	1:00 pm - 2:30 pm	-
• <b>Parent &amp; Kid Club</b> @ West Jasper Sherwood Community League	-	-	-	2:00 pm - 4:00 pm	-
• <b>Kids and Dads Growing Together</b> @ Cabrini	Saturdays, 9:30 am - 11:30 am				

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



For more information,  
please call at **587-635-1775** or  
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.

Wednesdays @ [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!

@ [Cabrin Centre](#)





**JASPER PLACE**  
Family Resource Centre

## PROGRAM DETAILS

### 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:**

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





**JASPER PLACE**  
Family Resource Centre

# IN-PARTNERSHIP PROGRAMS

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# EPL PROGRAM DETAILS



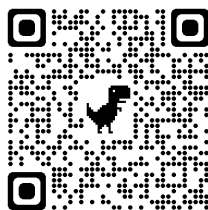
## Sing, Sign, Laugh and Learn

*Best suited for: ages 0-3 years*

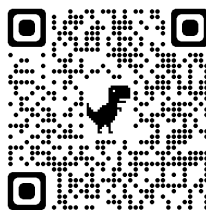
You and your child from birth to age three are invited to join us for songs, rhymes and signs! In this inclusive class, offered in collaboration with the Edmonton Early Intervention Program, parents/caregivers will interact one-on-one with their child while learning strategies to engage their child and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

**\*Drop in-person** out of two locations

- @ **Willowby** | Tuesdays, Apr 2 - Jun 18, 2024  
from 9:30 am to 10:15 am
- @ **LaPerle** | Tuesdays, Apr 2 - Jun 18, 2024 from  
1:00 pm to 1:45 pm



Willowby



LaPerle

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

## CFL PROGRAM DETAILS



- **Intergenerational Rhymes That Bind** | ages 0-2 years  
@ **Touchmark at Wedgewood** | Wednesdays, Apr 17 - Jun 19, 2024, 10:00 to 11:00 am

- 
- **Pajama Time Rhymes That Bind** | ages 0-3 years  
**Online** | Wednesdays, Apr 17 - Jun 19, 2024, 7:00 pm to 7:30 pm

- 
- **COW Corner Bus** | ages 0-6 years  
@ **Willowby** | Thursdays, Apr 18 - Jun 20, 2024, 1:00 pm to 2:30 pm

- 
- **Family Book Club** | ages 3-6 years  
@ **LaPerle** | Fridays, Apr 19 - Jun 21, 2024, 9:30 am to 11:00 am



Play Learn Connect



# WEST JASPER SHERWOOD COMMUNITY LEAGUE

- **Parents and Kids Club** | Drop-in for parents of children aged 0-10 years  
@ [West Jasper Sherwood](#) | Thursdays, Apr 4 - Jun 20, 2024, 2:00 pm to 4:00 pm



*\*Free parking & light snacks provided*

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




# HEALTH FOR TWO

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**(FEATURED PROGRAM)**

# HEALTH FOR TWO




**Health for Two** is a free program offered by AHS for women who need extra support to have a healthy pregnancy.

Health for Two (Hf2) provides support throughout pregnancy and up to 2 months postpartum to women who require extra support to have a healthy pregnancy. Services offered include:

- Education on pregnancy, birth, baby care and parenting (including pregnancy and parenting options)
- Support and referrals to community supports (such as maternity care, mental health, addictions, housing, food security)
- Resources may include bus tickets, grocery gift cards and prenatal vitamins.

This program is offered to caregivers one-on-one over the phone, in-person and via the online Zoom platform.



For more information or to book an appointment, please call at **587-635-1775** or Visit <https://jasperplace-cfrc.com/health-for-two/>

# ONGOING SERVICES

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



**WECAN**  
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!

*"Having a breastfeeding community has been reassuring for me knowing other mothers are facing challenges too and having the help of amazing volunteers who specialize in that field has made a huge difference"*

*"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."*

*"Its a safe place we get to bring our kids. We love the sense of community and family."*

*"We have been coming to the LaPerle location for 6 years (3 children) and have found it to be a great place for my children to practice social skills and play in a safe environment"*

*"My child is very excited for every week to socialize and play! Has improved the mood of the entire family."*

*"The health for two program made a huge difference for me being a new comer to Canada. It made me feel welcomed and helped to access useful information and helpful people. The program helped me with prenatal classes which eased the anxiety about giving birth. Knowing I had someone who cared definitely gave my pregnancy a positive turn."*



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



# APRIL - JUNE

## IMPORTANT DATES TO REMEMBER

- Monday, April 1
  - Friday, May 17
  - Saturday, May 18
  - Monday, May 20
  - Saturday, May 25
  - June 24 - June 28
  - Saturday, June 29
  - Monday, July 1
- Easter Monday - Centre Closed
  - Agency Closed
  - Long Weekend - No Programs
  - Victoria Day - Centre Closed
  - No Programs, Closed Event @ Cabrini
  - Family Resource Program Break
  - Long Weekend - No Programs
  - Canada Day - 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



# 30-DAY SELF-CARE CHALLENGE

<input type="checkbox"/> Set a personal goal for the month	<input type="checkbox"/> Practice deep breathing or meditation for 10 minutes	<input type="checkbox"/> Write a list of 10 things you're grateful for	<input type="checkbox"/> Take a walk outside	<input type="checkbox"/> Declutter a room or workspace
<input type="checkbox"/> Call or text a friend to catch up	<input type="checkbox"/> Cook a healthy meal	<input type="checkbox"/> Practice yoga or gentle stretching	<input type="checkbox"/> Write a positive affirmation and repeat it throughout the day	<input type="checkbox"/> Create a relaxing bedtime routine
<input type="checkbox"/> Journal about your thoughts and feelings	<input type="checkbox"/> Set aside time for your favorite hobby	<input type="checkbox"/> Give yourself a compliment	<input type="checkbox"/> Unplug from technology for an hour	<input type="checkbox"/> Listen to your favorite music or a calming playlist
<input type="checkbox"/> Practice mindfulness while doing everyday tasks	<input type="checkbox"/> Spend time with a pet or visit a local animal shelter	<input type="checkbox"/> Read a book or watch a movie that inspires you	<input type="checkbox"/> Explore a new relaxation method, like progressive muscle relaxation	<input type="checkbox"/> Take a power nap or restorative break
<input type="checkbox"/> Create a vision board or list of personal goals	<input type="checkbox"/> Volunteer or perform a random act of kindness	<input type="checkbox"/> Treat yourself to a small indulgence	<input type="checkbox"/> Reflect on your accomplishments and growth	<input type="checkbox"/> Connect with nature by visiting a park, beach, or forest
<input type="checkbox"/> Write a letter to your future self	<input type="checkbox"/> Set boundaries to protect your energy and time	<input type="checkbox"/> Establish a morning routine that energizes you	<input type="checkbox"/> Practice self-compassion and forgive yourself for past mistakes	<input type="checkbox"/> Review your progress and celebrate your achievements

