

Jasper Place Family Resource Centre **Program Guide**

Sept - Dec 2024





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PARENT & CAREGIVER PROGRAMS

EVIDENCE-BASED SESSIONS

Sept - Dec 2024 Programs

Programs Available	Mon	Tue	Wed	Thurs	Fri
Baby & You <i>@ Cabrini</i>	-	10:00am - 11:30am	-	-	-
Baby & You <i>@ Orange Hub</i>	-	-	10:00am - 11:30am	-	-
Bonding Together <i>@ Online</i>	-	-	-	1:30pm - 2:30pm	-
C.A.R.E. <i>@ Cabrini</i> <i>Sept 25, Oct 30, Nov 27, Dec 18</i>	-	-	5:00pm - 7:00pm	-	-
Postpartum Support Group <i>@ Cabrini</i>	-	-	-	9:30am - 11:30am	-

For program dates and availability, check our website's calendar

One-on-One Programs

Ages and Stages Questionnaire

Pre-natal Supports

Triple P- Positive Parenting Program

Circle of Security Parenting

Rapid Access Counselling* - Free one hour session in partnership with The Family Centre

*These sessions will include various resources for parents and caregivers of young children 0-12 and teens 13-18 years. Come share your journey with us!



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



PARENT & CAREGIVER PROGRAMS

PROGRAM DETAILS

BABY AND YOU

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

Tues @ Cabrini | Sept 10 - Dec 17 | 10am - 11:30am

Wed @ The Orange Hub | Sept 11 - Dec 18th | 10am - 11:30am



Best Suited For: *Pregnant and newly parenting caregivers of infants who are not yet mobile*

Please Note: some sessions require registration, feel free to check our [Program Calendar](#) prior to dropping in!

BONDING TOGETHER: PARENT AND BABY

Bonding Together: Parent and Baby is for parents who are on the journey of breast/chestfeeding and/or supplementing. We recognize that this looks different for everyone and there are rewards and challenges along the way. This program provides a nurturing, engaging environment with opportunities for parents to share their knowledge, experiences, challenges and joys with breast/chestfeeding.

Thurs @ Online | Sept 19 - Nov 28th | 1:30pm - 2:30pm

This group is facilitated by: La Leche League Canada Leaders



Best Suited For: *Pregnant and parenting caregivers of infants/toddlers seeking knowledge, support, and encouragement with breast/chestfeeding.*

Register Here!



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



PARENT & CAREGIVER PROGRAMS

PROGRAM DETAILS

C.A.R.E.

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

Wed @ Cabrini | Sept 25, Oct 30, Nov 27, Dec 18 | 5:00pm - 7:00pm

Register Here!



POSTPARTUM SUPPORT GROUP

Most new mothers experience something called the “baby blues” or more serious symptoms of postpartum depression or anxiety. These symptoms may appear during pregnancy, soon after giving birth, or even anytime during the first year after giving birth. This therapy group is for mothers who would like to learn and explore more about their postpartum experiences.



During this group, you will learn more about what you are experiencing, get to connect with other new mothers who may be having similar experiences, and have the opportunity to reflect and learn new skills to support you in this journey.

Snack and refreshments provided

Limited childcare available

Thurs @ Cabrini | Sept 12 - Oct 17 | Nov 7 - Dec 12 | 9:30am - 11:30am

Register Here!



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PLAY LEARN CONNECT

LEARNING THROUGH PLAY-BASED SESSIONS

Sept - Dec 2024 PLC Programs

Programs available	Mon	Tue	Wed	Thurs	Fri	Sat
Baby Sing and Sensory @ LaPerle	-	-	1:00pm - 3:30pm	-	-	-
Come Play with Me @ LaPerle	9:00am - 11:30am	9:00am - 11:30am	9:00am - 11:30am	9:00am - 11:30am	-	-
Come Play with Me @ LaPerle	-	1:45pm - 3:30pm	-	1:30pm - 3:00pm	-	-
Kids and Dads Growing Together @ Cabrini	-	-	-	-	-	9:30am - 11:30am
Stay and Play @ Cabrini	9:30am - 11:30am	9:30am - 2:00pm	9:30am - 2:00pm	9:30am - 2:00pm	9:30am - 11:30am	-

In Partnership Programs

Intergenerational Rhymes That Bind @ Touchmark	-	-	10:00am - 11:00am	-	-	-
Family Book Club @ Laperle	-	-	-	12:30pm - 1:30pm	-	-
Pajama Time - Rhymes That Bind @ Online	-	-	-	6:30pm - 7:00pm	-	-
Story Sprouts @ Willowby	-	-	-	1:00pm - 2:30pm	-	-
Parents and Kids Club @ West Jasper Sherwood Community League	-	-	-	2:00pm - 4:00pm	-	-
Sing, Sign, Laugh, & Learn @ Willowby	-	9:30am - 10:15am	-	-	-	-
Sing, Sign, Laugh, & Learn @ Laperle	-	1:00pm - 1:45pm	-	-	-	-



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PLAY LEARN CONNECT

PROGRAM DETAILS

BABY SING AND SENSORY

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.

Wed @ LaPerle | Sept 11 - Dec 18 | 1:00pm - 3:30pm

Best Suited For: *Pregnant and newly parenting caregivers of infants who are not yet mobile*



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!

Mon - Thurs @ LaPerle | Sept 9 - Dec 19 | 9:30am - 11:30am

Tues @ LaPerle | Sept 10 - Dec 17 | 1:45pm - 3:30pm

Thurs @ LaPerle | Sept 12 - Sept 26, Dec 12 - 19 | 1:00pm - 3:30pm

& Thurs @ LaPerle | Oct 3 - Dec 5 | 1:30pm - 3:00pm

Best Suited For: *Children aged 0-3 years*



STAY N' PLAY

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!

Mon - Fri @ Cabrini Centre | Sept 9 - Dec 20 | Starts at 9:30am

Best suited for: *Children aged 0-6 years*



For more information,
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PLAY LEARN CONNECT

PROGRAM DETAILS

KIDS AND DADS GROWING TOGETHER



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

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. 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 peers' stories
- Are self-paced
- Take turns discussing different topics
- Recognize each other as vulnerable and strong

Sat @ Cabrini Centre | Sept 7 - Dec 14 | 9:30am - 11:30am

Best suited for: *Dads or anyone in a fathering role of children aged 0-6*



For more information,
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PLAY LEARN CONNECT

IN-PARTNERSHIP PROGRAMS



INTERGENERATIONAL RHYMES THAT BIND

Rhymes That Bind is an oral language development program that promotes positive parenting. Parents learn to enjoy rhymes, finger plays, songs and simple movement games with their infants and toddlers in a supportive peer group. Join us to find out how Rhymes That Bind can help your child to build a rich vocabulary!



Wed @ Touchmark | Oct 2 - Dec 4 | 10:00am - 11:00am

Drop-ins Welcome!

Best suited for: Families with children aged 0 - 3 years

STORY SPROUTS

Story Sprouts explores early literacy, numeracy and language development. Parents and children will have fun through songs, activities and interactive story sharing. Each week has a different theme, come and discover which is your favourite!

Thurs @ Willowby | Oct 3 - Dec 5 | 1:00pm-2:30pm

Best suited for: Families with children aged 0 - 6 years

Drop-ins Welcome!

PAJAMA TIME: RTB

Put on your jammies and join us for Pajama Time: Rhymes that Bind. Explore language and literacy development from the comfort of your home while making bedtime a FUN part of your everyday routine.

Thurs @ Online | Oct 3 - Dec 5 | 6:30pm - 7:00pm

Best suited for: Families with children aged 0 - 3 years

Register Here!



FAMILY BOOK CLUB

Develop and strengthen your child(ren)'s literacy, numeracy and language skills through interactive story sharing and weekly activities. This program series offers each family the opportunity to set new literacy goals every 5 weeks. Families share stories and discover a wide variety of activities and games they can do together as a family to reach their goals. Each family will receive a Family Book Club Kit full of everything they need to bring their story to life!



Thurs @ Laperle | Oct 3 - Dec 5 | 12:30pm- 1:30pm

Free play: 1:30pm - 3:00pm

Register Here!



Best suited for: Families with children aged 3 - 6 years



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PLAY LEARN CONNECT

IN-PARTNERSHIP PROGRAMS

PARENTS & KIDS CLUB

Join us for a fun and engaging time at our community club! Parents must stay and are responsible for their kids; this is not a drop-off/childcare service. Enjoy refreshments and snacks, relax and meet other parents nearby. You're welcome to invite friends from outside the community, and you do not need to be a member to attend.

If you are interested in helping us shape the vision for this program, hosting the space, or being involved as a volunteer, please reach out!

**Thurs @ West Jasper Sherwood Community League |
Sept 12 - Dec 19th | 2:00pm - 4:00pm**

Best suited for: *Families with children aged 0 – 10 years*



Drop-ins Welcome!

SING, SIGN, LAUGH AND LEARN

You and your child 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.

Tues @ Willowby | Sept 10 - Dec 17 | 9:30am to 10:15am

**Tues @ LaPerle | Sept 10 - Dec 17 | 1:00pm to 1:45pm
Free play: 1:45pm - 3:00pm**

Best suited for: *Families with children aged 0 – 3 years*



Drop-ins Welcome!



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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.



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ONGOING SERVICES

Jasper Place Family Resource Centre with several Community Partners has been actively and proudly supporting basic needs in West Edmonton.



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 3 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!



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*



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

**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.*



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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 learned massage for infants! It was amazing and a new staple in our bedtime routine. Loved, loved it!"

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

"Having a safe and loving space to bring my kids to has made SUCH a difference in my life. Being a mom of three, I get very overwhelmed being stuck inside my house. It helps me feel more positive towards my children, because the staff interacts and plays with my kids so I don't feel like everything is on my shoulders..."



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SEPTEMBER - DECEMBER

Centre Closure Dates

Mon, Sept 2 Labour Day
Sept 3 - Sept 6 Program Break
Sat, Sept 28 No KDGT
Mon, Sept 30 National Day for Truth and Reconciliation
Sat, Oct 12 Long Weekend
Mon, Oct 14 Thanksgiving Day
Sat, Nov 9 Long Weekend
Mon, Nov 11 Remembrance Day
Dec 21 - Jan 1 Winter Break

Our Locations

Cabrini Centre

16811 88 Ave NW
780-489-2243

The Orange Hub

#413-10045 156 Street
587-635-1775

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

Thank you for your participation!

Follow Us On Social Media:

@JasperPlaceFRC



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20-DAY SELF-CARE checklist

DAY	TASK	DONE
01	Enjoy a healthy breakfast	<input type="checkbox"/>
02	Take a 30-minute walk	<input type="checkbox"/>
03	Meditate for 15 minutes	<input type="checkbox"/>
04	Read a book for 30 minutes	<input type="checkbox"/>
05	Write down 3 things you're grateful for	<input type="checkbox"/>
06	Call a friend or family member	<input type="checkbox"/>
07	Stretch for 15 minutes	<input type="checkbox"/>
08	Drink 8 glasses of water	<input type="checkbox"/>
09	Create a relaxing bedtime routine	<input type="checkbox"/>
10	Listen to calming music	<input type="checkbox"/>
11	Declutter your living space	<input type="checkbox"/>
12	Cook a healthy meal	<input type="checkbox"/>
13	Treat yourself to a relaxing bath or shower	<input type="checkbox"/>
14	Set goals for the week ahead	<input type="checkbox"/>
15	Practice deep breathing	<input type="checkbox"/>
16	Write in a journal	<input type="checkbox"/>
17	Spend 30 minutes in nature	<input type="checkbox"/>
18	Listen to a podcast or inspirational talk	<input type="checkbox"/>
19	Practice yoga or exercise	<input type="checkbox"/>
20	Compliment yourself	<input type="checkbox"/>