

# Jasper Place Family Resource Centre **Program Guide**

Jan - Mar 2025





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# PARENT & CAREGIVER PROGRAMS

## EVIDENCE-BASED SESSIONS

### Parent Caregiver Education Programs

Programs Available	Mon	Tue	Wed	Thurs	Fri	Sat
<b>Baby &amp; You</b> <i>@ Cabrini</i>	-	10:00am - 11:30am	-	-	-	-
<b>Baby &amp; You</b> <i>@ Orange Hub</i>	-	-	10:00am - 11:30am	-	-	-
<b>Bonding Together</b> <i>@ Online</i>	-	-	-	1:30pm - 2:30pm	-	-
<b>C.A.R.E.</b> <i>@ Cabrini</i> <i>Jan 29, Feb 26, March 26</i>	-	-	5:00pm - 7:00pm	-	-	-
<b>CONNECT</b> <i>@ Online</i>	-	-	-	11:00am - 12:30pm	-	-
Partnership Programs						
<b>CSS - Take Control of Anger</b> <i>@ Cabrini</i>	-	-	-	-	-	10:00am - 1:00pm
<b>Postpartum Support Group</b> <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 | Jan 7 - March 25 | 10am - 11:30am**

**Wed @ The Orange Hub | Jan 8 - March 26 | 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.

This group is facilitated by: La Leche League Canada Leader



**Thurs @ Online | Jan 16 - Mar 27 | 1:30pm - 2:30pm**

**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 | Jan 29, Feb 26, March 26 | 5pm - 7pm**

**Best Suited for:** *Families of children aged 0-6 years*

Register Here!



### CONNECT

Connect is a 10-week program designed to support parents and caregivers of pre-teens and teens with behavioral and emotional challenges. In small groups led by trained facilitators, parents explore new perspectives on parent-teen relationships and adolescent development. Through role-plays and exercises, parents learn alternative approaches to managing difficult behavior, emphasizing healthy relationships, setting boundaries, and guiding their teens toward positive growth.



**Thurs @ Online | Jan 16 - Mar 20 | 11:00am - 12:30pm**

**Best suited for:** *Parents & caregivers of teens & preteens aged 10-19 years*

Register Here!



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



## PARENT & CAREGIVER PROGRAMS

IN-PARTNERSHIP

### CSS - TAKE CONTROL OF ANGER PROGRAM



Join this free in-person program to learn how to manage emotions and build healthy relationships. Presented by the Intercultural Education Team, this six-session program provides practical strategies to understand and control anger in a supportive environment.



**Sat @ Cabrini | February 22 - March 29, Follow-up session: April 26 | 10:00am - 1:00pm**

**Best suited for:** *Families with children*

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 | Feb 6 - Mar 13 | 9:30am - 11:30am**



THE FAMILY  
CENTRE

Register Here!



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



# PLAY LEARN CONNECT

## LEARNING THROUGH PLAY-BASED SESSIONS

### Play Learn Connect Programs

Programs available	Mon	Tue	Wed	Thurs	Fri	Sat
<b>Come Play with Me</b> <i>@ LaPerle</i>	9:00am - 11:30am	9:00am - 11:30am	9:00am - 11:30am	9:00am - 11:30am	-	-
<b>Come Play with Me</b> <i>@ LaPerle</i>	-	2:30pm - 3:30pm	1:45pm - 3:30pm	-	-	-
<b>Kids and Dads Growing Together</b> <i>@ Cabrini</i>	-	-	-	-	-	9:30am - 11:30am
<b>Rhymes That Bind</b> <i>@ Laperle</i>	-	-	1:00pm - 1:45pm	-	-	-
<b>Stay and Play</b> <i>@ Cabrini</i>	9:30am - 11:30am	9:30am - 2:00pm	9:30am - 2:00pm	9:30am - 2:00pm	9:30am - 11:30am	-
Partnership Programs						
<b>Come Play with Me</b> <i>@ North Glenora Community League</i>	-	-	-	1:00pm - 3:00pm	-	-
<b>Intergenerational Rhymes That Bind</b> <i>@ Touchmark</i>	-	-	10:00am - 11:00am	-	-	-
<b>Pajama Time - Rhymes That Bind</b> <i>@ Online</i>	-	-	-	7:00pm - 7:30pm	-	-
<b>Parents and Kids Club</b> <i>@ West Jasper Sherwood Community League</i>	-	-	-	2:00pm - 4:00pm	-	-
<b>Story Sprouts</b> <i>@ Laperle</i>	-	1:00pm - 2:30pm	-	-	-	-
<b>Sing, Sign, Laugh, &amp; Learn</b> <i>@ Willowby</i>	-	9:30am - 10:30am	-	-	-	-

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

# PLAY LEARN CONNECT

## PROGRAM DETAILS

### 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 | Jan 6 - Mar 27 | 9:00am - 11:30am**

**Tues @ LaPerle | Jan 7 - Mar 25 | 2:30pm - 3:30pm**

**Wed @ LaPerle | Jan 8 - Mar 26 | 1:45pm - 3:30pm**

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

### KIDS AND DADS GROWING TOGETHER

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.

**Sat @ Cabrini Centre | Jan 4 - Mar 29 | 9:30am - 11:30am**

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



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



# PLAY LEARN CONNECT

## PROGRAM DETAILS

### 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 @ LaPerle | Jan 8 - Mar 26 | 1:00pm-3:30pm**  
**Best suited for:** *Families with children aged 0 - 3 years*



Drop-ins Welcome!

### 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 | Jan 6 - Mar 28**  
**Mon, Fri - 9:30am - 11:30am**  
**Tues, Wed, Thurs - 9:30am - 2:00pm**  
**Best suited for:** *Children aged 0-6 years*

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



# 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 | Jan 16 - Mar 19 | 10:00am - 11:00am**

**Best suited for:** *Families with children aged 0 - 3 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 | Jan 16 - Mar 20 | 7:00pm - 7:30pm**

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

Register Here!



Drop-ins Welcome!

### 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!

**Tues @ LaPerle | Jan 14 - Mar 18 | 1:00pm- 2:30pm**

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

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



# PLAY LEARN CONNECT

## IN-PARTNERSHIP PROGRAMS

### COME PLAY WITH ME

We invite families to join us at North Glenora Community League! This playgroup will encourage positive play-based learning. Children will have opportunities to 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, singing, fingerplays and so much more!



**Thurs @ North Glenora Community League | Jan 9 - Mar 27 | 1:00pm - 3:00pm**  
**Best suited for:** *Families with children aged 0 - 5 years*



### LITTLE WARRIORS: PREVENT IT!



The Prevent It! workshop offers hope to help prevent child sexual abuse. Research has shown that adults who complete it become more supportive of children and begin using more behaviours that are believed to reduce children's vulnerability to sexual abuse.

Register Here!



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



# PLAY LEARN CONNECT

## IN-PARTNERSHIP PROGRAMS

### PARENTS & KIDS CLUB

Join us at the West Jasper Sherwood Community League to participate in engaging activities, games, and play experiences with your child(ren). You're welcome to invite friends from outside of the community and do not need to be a member to attend. If you are interested in helping us shape the vision for this program, hosting in the space, or being involved as a volunteer with the Community League, please reach out!

**Thurs @ West Jasper Sherwood Community League |  
Jan 9 - Mar 27 | 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 | Jan 7 - Mar 25 | 9:30am to 10:30am**

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



Drop-ins Welcome!

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

## FEATURED PROGRAM



# RAPID ACCESS COUNSELLING



**Rapid Access Counselling (RAC)** provides timely, single-session, solution-focused support for caregivers and children under 18. Whether you're facing a specific challenge or just need a one-time conversation to help you move forward, RAC offers confidential and practical assistance tailored to your needs. With a focus on parenting, relationships, mental health, grief, and stress, this service is designed to help you find solutions in just one session. If additional support is needed, you can book another session at your convenience.

Visit [racalberta.ca](https://racalberta.ca) for more information.

**Available at no cost to Alberta families.**

Book an In-Person Session at  
the Orange Hub (Mon, Thurs)

Register Here!



Book an Online Session

Register Here!



For more information,  
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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!

"I appreciate and thank each and everyone at JPFRC with all the help and support with my family. It has made my life much easier with 3 kids. Thank you from the bottom of my heart."

"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."

"We love coming to the Stay n' Play. My kids love playing at the different centre set up. We also love the outdoor Stay n' Play."

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

"It makes a difference in having a social play place the kids can go to, where they feel comfortable, making friends while I can meet other moms for help and advice"

"They have made a huge difference in my life and my kids. I appreciate their support. It gives my kids a safe place to play outside of my house which is important for me. I couldn't be more thankful of the resources and playgroups available. We have also made lasting friendships."



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

# JANUARY - MARCH

## Centre Closure Dates

**Wed, January 1** New Year's Day  
**January 2- January 3** Program Break  
**Sat, February 15** No KDGT  
**Mon, February 17** Family Day  
**March 31 - April 4** Program Break

## Our Locations

### Cabrini Centre

16811 88 Ave NW  
780-489-2243

### The Orange Hub

#413-10045 156 Street  
587-635-1775

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## Other Locations

### LaPerle

#29-9606 180 St NW

### West Jasper Sherwood Community League

9620 152 St NW

### North Glenora Community League

13535 109A Ave NW

### Willowby Community League

6315 184 St NW

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