



JASPER PLACE
Family Resource Centre

Program Guide

January - March 2026

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For more information:
Call: **587-635-1775** or
Visit www.jasperplace-cfrc.com





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Jan - Mar 2026

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Jan - Mar 2026

PARENT & CAREGIVER PROGRAMS

All programs are free of charge!

EVIDENCE-BASED SESSIONS

Parent Caregiver Education Programs

Programs Available	Mon	Tue	Wed	Thurs	Fri	Sat
Baby & You @ Cabrini *Drop-in	-	10:00 am - 11:30 am	-	-	-	-
Baby & You @ Orange Hub *Registration required	-	-	10:00 am - 11:30 am	-	-	-
Bonding Together -Parent and Baby @ Online *Registration required	-	-	-	1:30 pm - 2:30 pm	-	-
Bonding Together -Parent and Toddler+ @ Online *Registration required	-	-	-	7:00 pm - 8:00 pm	-	-
C.A.R.E @ Cabrini *Jan 20, Feb 17, Mar 17	-	5:00 pm - 7:00 pm	-	-	-	-
Connect Parenting Group @ Kickstand *Registration required	-	-	-	-	1:30 pm - 3:30 pm	-
Infant Massage @ LaPerle *Registration required Mar 6, 13, 20	-	-	-	-	9:30 am - 11:30 am	-
In-Partnership Programs						
CSS -Parenting in Two Cultures @ Cabrini *Registration required	-	-	-	-	-	10:00 am - 1:00 pm
Postpartum Support Group @ Cabrini *Registration required *The Family Centre	-	-	-	9:30 am - 11:30 am	-	-
Little Warriors @ Online *Jan 24	-	-	-	-	-	12:00 pm - 3:00 pm
Rapid Access Counselling @ Orange Hub *The Family Centre	8:30 am - 4:30 am	-	-	10:00 am - 6:00 pm	-	-
Bereavement Support Group @ Cabrini *Parent Care Support Society	-	-	-	7:00 pm - 9:00 pm	-	-
Parent Support @ Kickstand	-	12:00 pm - 6:00 pm	-	-	12:00 pm - 6:00 pm	-

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

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 *Drop-in*

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.

***Tuesdays** 10:00 am to 11:30 am @ Cabrini Drop-in

*No program - March 31

**Healthy snack & childcare provided for older siblings



*A **Public Health Nurse** from **West Jasper Place Public Health Centre** will also be present occasionally

Bonding Together: Parent and Baby



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



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 group is facilitated by **accredited La Leche League Canada Leaders** who are part of a non-profit organization that provides breast/chestfeeding information and support.

Thursdays @ Zoom

Jan 8 - Mar 26

1:30 pm - 2:30 pm

*Registration required

Register Here!



PARENT & CAREGIVER PROGRAMS

PROGRAM DETAILS

Bonding Together: Parent and Toddler+



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

A space for parents to share experiences, ask questions, and build connections while navigating life with nursing toddlers and beyond. Facilitators offer support, information, and resources each month. This group is led by accredited **La Leche League Canada Leaders**, a non-profit organization providing breast/chestfeeding support.



First Thursday of every month | 7:00 pm | Zoom
*No Session in July, August and December

Register Here! 



Baby and You (In- partnership with The Red Road Healing Society)

 **Registration is required for the following session(s)**



Infant Massage [Click here for registration info!](#)

4 sessions - Wed, Feb 11 - Mar 4 | 10:00 am to 11:30 am | The Orange Hub, #413

Infant Massage is incredibly beneficial to both baby and carer as it encourages, bonding, body awareness, promotes relaxation, sleep and so much more!



 **Best Suited For:** Parents, caregivers of infants from 1-12 months

[Click here for registration info!](#) 

Moccasin Making

Wed, Mar 11, 18, 25 | 10:00 am to 11:30 am | The Orange Hub, Room 131

Baby Moccasin making is a unique, hands-on experience where participants will learn the traditional art of moccasin-making for their little ones. In-partnership with RRHS, this event provides a space to connect, create, and celebrate culture.



 **Healthy snack provided | *No childcare for siblings or infants who are mobile**

PARENT & CAREGIVER PROGRAMS

PROGRAM DETAILS

C.A.R.E

**Tue, Jan 20, Feb 17, Mar 17 | 5:00 pm to 7:00 pm @ Cabrini*

**Free parking in the gravel lot*

**Meal and refreshments included*

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 learn through play in the gym with facilitators.



Register Here! >



**Scan the QR code or click at the button to register*



Connect Parenting Group

**Tue, Jan 30 - Mar 27 | 1:30 pm - 3:30 pm @ Kickstand W.E.M*

Connect is a **free 9-week program** to support parents and caregivers of pre-teens and teens with behavioural and emotional problems. Parents meet in small groups with two trained group leaders for 90 minutes each week.

Please note: This program is for adults supporting teens. Teens do not attend.



Register Here! >



**Scan the QR code or click at the button to register*

PARENT & CAREGIVER PROGRAMS

IN-PARTNERSHIP PROGRAMS

Rapid Access Counselling

***Mondays** | 8:30 am to 4:30 pm | The Orange Hub, #413
***Thursdays** | 10:00 am to 6:00 pm | The Orange Hub, #413

*Free street parking and pay lots available.

In partnership with **The Family Centre**, JPFRC team is proud to present free single-counselling sessions. The Therapists guide you to figure out life's challenges by focusing on your strengths and abilities. If required, we provide referrals to other community services.



Parent Support

***Tuesdays & Fridays** | 12:00 pm - 6:00 pm | @ Kickstand W.E.M

If parenting a teen feels overwhelming at times — big emotions, morning struggles, technology boundaries, communication challenges, or balancing daily life — you're not alone.

Come chat with us if you have questions or concerns and get support.

Best suited for: Parents and caregivers of youth ages 11-25

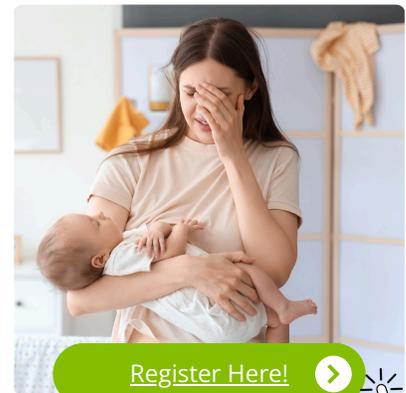
Postpartum Support Group

***Thursdays** Feb 5 - Mar 12 | 9:30 am to 11:30 am |
@ Cabrini

In partnership with **The Family Centre**

Most new mothers experience something called the “baby blues” or more serious symptoms of postpartum depression or anxiety. This therapy group is for mothers who would like to learn and explore more about their postpartum experiences.

*Registration required.



Register Here! >



Jan - Mar 2026

PLAY LEARN CONNECT

All programs are free of charge!

LEARNING THROUGH PLAY-BASED SESSIONS

Play Learn Connect Programs

Programs Available	Mon	Tue	Wed	Thurs	Fri	Sat
Baby Sing and Sensory <i>@ LaPerle *Registration required Jan 9 - Feb 27</i>	-	-	-	-	9:30 am - 11:30 am	-
Come Play with Me <i>@ LaPerle</i>	9:00 am - 11:30 am	9:00 am - 11:30 am	9:00 am - 11:30 am	9:00 am - 11:30 am	-	-
Come Play with Me <i>@ LaPerle</i>	-	1:00 pm - 3:30 pm	1:00 pm - 3:30 pm	-	-	-
Stay and Play <i>@ Cabrini</i>	9:30am - 11:30am	9:30 am - 2:00 pm	9:30 am - 2:00 pm	9:30 am - 2:00 pm	9:30am - 11:30am	-
Kids and Dads Growing Together <i>@ Cabrini</i>	-	-	-	-	-	9:30am - 11:30am
In-Partnership Programs						
Come Play with Me & SSSL <i>Mon @ Meadowlark CL</i>	9:00 am - 11:00 am	-	-	-	-	-
Come Play with Me <i>Thurs @ North Glenora CL</i>	-	-	-	1:30 pm - 3:30 pm	-	-
CFL- Intergenerational Do Re Mi-ABC <i>@ Touchmark</i>	-	-	10:00 am - 11:00 am	-	-	-
CFL- Pajama Time Rhymes That Bind <i>@ Online</i>	-	-	-	6:30 pm - 7:00 pm	-	-
CFL- Story Sprouts <i>@ LaPerle</i>	-	1:00 pm - 2:30 pm	-	-	-	-
Parents and Kids Club <i>@ West Jasper Sherwood CL</i>	-	-	-	2:00 pm - 4:00 pm	-	-
Sing, Sign, Laugh, & Learn <i>@ Willowby</i>	-	9:30 am - 10:15 am	-	-	-	-

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

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

PROGRAM DETAILS

Come Play With me *Drop-in @ LaPerle*

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

Monday to Thursday | Jan 5 - Mar 26 | 9:00 am - 11:30 am
Tuesday & Wednesday | Jan 6 - Mar 25 | 1:00 pm - 3:30 pm

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!

**No Program Jan 1, Feb 16, Mar 30 - Apr 2 (Program Break)*



Stay N' Play *Drop-in @ Cabrini Centre*

! *Best Suited For: Children aged 0-6 years*

Mondays & Fridays | Jan 5 - Mar 27 | 9:30 am - 11:30 am
Tuesday, Wednesday, Thursday | Jan 6 - Mar 26 | 9:30 am - 2:00 pm

Children will play and learn with activities specifically designed to encourage their early development and to bring on the fun!

**No Program Jan 1, 2, Feb 16, Mar 30 - Apr 3 (Program Break)*



Kids and Dads Growing Together

Drop-in @ Cabrini Centre

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

*Saturdays | Jan 3 - Mar 28 | 9:30am - 11:30am | *No Program Feb 14*

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).



IN-PARTNERSHIP PROGRAMS



Story Sprouts @ LaPerle

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

Tuesdays | Jan 20 - Mar 24 | 1:00 pm - 2:30 pm | Drop-in welcome

Through songs, activities, and interactive story sharing, families will explore early literacy, numeracy, and language development in a fun and engaging way.

Each week has a different theme, giving little learners a chance to discover something new every time. Parents can also borrow books for free at the end of the session.

Intergenerational Do-Re-Mi ABC @ Touchmark

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

Wednesdays | Jan 21 - Mar 25 | 10:00 am - 11:00 am | Drop-in welcome

In Do-Re-Mi, ABC families discover how musical activities can enhance early literacy, numeracy, and language skills in a unique, intergenerational environment. Through singing, instrument play, rhymes, interactive stories, games, dancing, and relaxation techniques, participants experience the joy of music together while exploring musical concepts such as rhythm, beat, pitch, tempo, and dynamics.

Each week, residents and their guests enjoy singing and playing alongside families at Touchmark at Wedgewood. Join us to see how music brings families and communities together!

Pajama Time Rhymes That Bind

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

Thursdays | Jan 22 - Mar 26 | 6:30 pm - 7:00 pm | **Online**

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! Older siblings are welcome to join in the fun, the whole family can!

Register Here!



PLAY LEARN CONNECT

IN-PARTNERSHIP PROGRAMS

Parents & Kids Club @ West Jasper Sherwood CL



! *Best suited for: Families with children aged 0-12 years*

Thursdays | Jan 8 - Mar 26 | 2:00 pm - 4:00 pm | Drop-in welcome

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.

Sing, Sign, Laugh and Learn @ Willowby



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

Tuesdays | Jan 6 - Mar 24 | 9:30 am - 10:15 am | Drop-in welcome

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.

*No Program Mar 31

Come Play with Me



! *Best suited for: Families with children aged 0-5 years*

Mondays | Jan 5 - Mar 23 | 9:00 am - 11:00 am | @Meadowlark CL

Thursdays | Jan 8 - Mar 26 | 1:30 pm - 3:30 pm | @North Glenora CL

Children will play and learn with activities specifically designed to encourage their early development and to bring on the fun!



*No Program Jan 1, Feb 16, Mar 30, Apr 2



On Mondays, **Come Play with Me** welcomes **Sing, Sign, Laugh and Learn** program in partnership with **EPL** at **Meadowlark Community League**





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 Baby
- 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 Transitions

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

ONGOING SERVICES

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



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 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!

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*



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

TESTIMONIALS

Feedback from Participants

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

IMPORTANT DATES TO REMEMBER

January - March 2026

Thurs, Jan 1	Agency Closed - New Year's Day
Fri, Jan 2	Family Resource Program Break
Sat, Feb 14	No KDGT- Long Weekend
Mon, Feb 16	Agency Closed - Family Day
Mar 30 - Apr 2	Family Resource Program Break
Fri, Apr 3	Agency Closed - Good Friday
Sat, Apr 4	Agency Closed- Long Weekend
Mon, Apr 5	Agency Closed - Easter Monday

Our Locations

The Orange Hub

#413-10045 156 Street
Ph: 587-635-1775

Cabrini Centre

16811 88 Ave NW
Ph: 780-489-2243

Other Locations

LaPerle

#29-9606 180 St NW
*Free residential parking

West Jasper Sherwood CL

9620 152 St NW
*Free residential parking and parking lot

North Glenora CL

13535 109 A Ave NW
*Free residential parking and parking lot

Willowby CL

6315 184 St NW
*Free parking on the East side of the Ormsby school parking lot

Meadowlark CL

15961 92 avenue
*Free residential parking and parking lot

Thank you for your participation!

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