



**JASPER PLACE**  
Family Resource Centre

# Program Guide

Find your village at JPFRC.  
Support, play, and grow together this spring.



**April - June 2026**

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





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Apr - Jun 2026

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All programs are free and open to families in West Edmonton and beyond.

Apr - Jun 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
<b>Baby &amp; You</b> @ Cabrini *Drop-in		10:00 am - 11:30 am				
<b>Baby &amp; You</b> @ Orange Hub *Registration required			10:00 am - 11:30 am			
<b>Bonding Together</b> -Parent and Baby @ Online *Registration required				1:30 pm - 2:30 pm		
<b>Bonding Together</b> -Parent and Toddler+ @ Online *Registration required				7:00 pm - 8:00 pm		
<b>C.A.R.E</b> *Registration required @ Cabrini *April 14, May 12, June 23		5:00 pm - 7:00 pm				
<b>Connect Parenting Group</b> @ Online   Apr 24 - June 26 *Registration required					12:00 pm - 1:30 pm	
<b>Infant Massage</b> @ LaPerle *Registration required   June 12, 19, 26					9:30 am - 11:30 am	
<b>In-Partnership Programs</b>						
<b>CSS -Take Control of Anger</b> @ Cabrini *Registration required						10:00 am - 1:00 pm
<b>Postpartum Support Group</b> @ Cabrini *Registration required *The Family Centre				9:30 am - 11:30 am		
<b>Little Warriors</b> @ Online *Apr 18, Apr 28		6:00 pm - 9:00 pm				10:00 am - 1:00 pm
<b>Rapid Access Counselling</b> @ Orange Hub *The Family Centre	8:30 am - 4:30 am			10:00 am - 6:00 pm		
<b>Bereavement Support Group</b> @ Cabrini *Apr 16, May 21, June 18 *Parent Care Support Society				7:00 pm - 9:00 pm		
<b>Parent Support</b> @ 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.

#### Why join?

- Connect with other parents
- Learn from guest speakers about different topics related to raising infants and pregnancy
- Access community resources



\*Healthy snack & childcare provided for older siblings

\***Tuesdays** | 10:00 am to 11:30 am @ Cabrini | \***Drop-in** | \*No program - June 30



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

### Infant Massage @ LaPerle

**Best suited for:** *parents/caregivers & Infants from 1 - 12 months*



\*Registration required

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

Participants will have the 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.

**Fridays, June 12, 19, 26 | 9:30 am - 11:30 am | LaPerle**

[Register here!](#)



\*Scan the QR code or visit our website to register

# PARENT & CAREGIVER PROGRAMS

## PROGRAM DETAILS

### 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**

Apr 2 - June 25

1:30 pm - 2:30 pm

\*Registration required

[Register Here!](#)



\*Scan the QR code or visit our website to register

### 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.



1st Thursday of every month | 7:00 pm - 8:00 pm | Zoom

[Register Here!](#)



\*Scan the QR code or visit our website to register

# PARENT & CAREGIVER PROGRAMS

## PROGRAM DETAILS

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



- ! **Registration is required for the following session(s)**
- ! **Best Suited For:** pregnant and newly parenting caregivers of infants who are not yet mobile
- ! **Healthy snack provided | \*No childcare for siblings or infants who are mobile**

### Mini Head Dress Making [Click here for registration info!](#)

Wed, Apr 8, 15 | 10:00 am to 11:30 am | [The Orange Hub, Room 131](#)

Indigenous teachings shared during the traditional art of mini head dress making add to the richness of this opportunity. The Head Dress Making experience will be held and completed over 2 sessions.



[Click here for registration info!](#)

### Rattle Making

Wed, Apr 22, 29, May 6 | 10:00 am to 11:30 am | [The Orange Hub, Room 131](#)

Rattles hold deep spiritual and ceremonial significance across many Nations, used in storytelling, song, and healing practices. This event is guided by Indigenous knowledge keepers and offers opportunity to connect, create, and celebrate culture.



**Due to high interest, a waitlist is available.**

Please contact us to be added if the program is full.



[jpfrnhub@jasperplace-cfrc.com](mailto:jpfrnhub@jasperplace-cfrc.com)



587-635-1775

# PARENT & CAREGIVER PROGRAMS

## PROGRAM DETAILS

### C.A.R.E

*\*Tue, Apr 14, May 12, June 23 | 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.*



[Click here for registration info!](#) 



### Connect Parenting Group

*\*Fridays, Apr 24 - June 26 | 12:00 pm - 1:30 pm @ Online*

Connect is a **free 9-week program** to support parents and caregivers of **pre-teens and teens** with behavioural and emotional problems. Parents meet online 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 visit our website 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 Rapid Access Counselling (RAC). It provides you and your family with a supportive, change-focused conversation. This service is tailored to support caregivers and children with a focus on healthy child development, supporting caregiver capacity, and promoting resilience within the family.

It's confidential, practical, and available for individuals, couples, and families, at no cost to you.



### 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 (youth are welcome as well) | \***Drop in** available

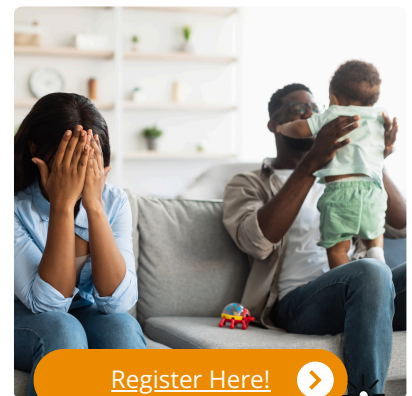
### Postpartum Support Group

\***Thursdays** Apr 30 - June 4 | 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!](#)



Apr - June 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
<b>Baby Sing and Sensory</b> <i>@ LaPerle *Registration required   Apr 10 - June 5</i>					9:30 am - 11:30 am	
<b>Come Play with Me</b> <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		
<b>Come Play with Me</b> <i>@ LaPerle</i>		1:00 pm - 3:30 pm	1:00 pm - 3:30 pm			
<b>Stay and Play</b> <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	
<b>Kids and Dads Growing Together</b> <i>@ Cabrini</i>						9:30am - 11:30am
<b>In-Partnership Programs</b>						
<b>Come Play with Me &amp; SSSL</b> <i>Mon @ Meadowlark CL</i>	9:00 am - 11:00 am					
<b>Come Play with Me</b> <i>Thurs @ North Glenora CL</i>				1:30 pm - 3:30 pm		
<b>CFL- Intergenerational Do Re Mi-ABC</b> <i>@ Touchmark</i>			10:00 am - 11:00 am			
<b>CFL- Pajama Time Rhymes That Bind</b> <i>@ Online</i>				6:30 pm - 7:00 pm		
<b>CFL- Story Sprouts</b> <i>@ LaPerle</i>		1:00 pm - 2:30 pm				
<b>Parents and Kids Club</b> <i>@ West Jasper Sherwood CL</i>				2:00 pm - 4:00 pm		
<b>Sing, Sign, Laugh, &amp; Learn</b> <i>@ Willowby</i>		9:30 am - 10:15 am				
<b>Explore &amp; Create Night</b> <i>@ West Jasper Sherwood CL   Apr 7, May 12, June 9</i>		6:00 pm - 7:30 pm				

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

For more information,  
Please call at **587-635-1775** or  
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 | Apr 7 - June 25 | 9:00 am - 11:30 am*  
*Tuesday & Wednesday | Apr 7 - June 24 | 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 Apr 1, Apr 2, Apr 6, May 18, June 29 and June 30*



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

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

*Mondays & Fridays | Apr 10 - June 26 | 9:30 am - 11:30 am*  
*Tuesday, Wednesday, Thursday | Apr 7 - June 25 | 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 Apr 1 to Apr 6, May 15 to May 18, June 29 and June 30*



### Kids and Dads Growing Together

*Drop-in @ Cabrini Centre*

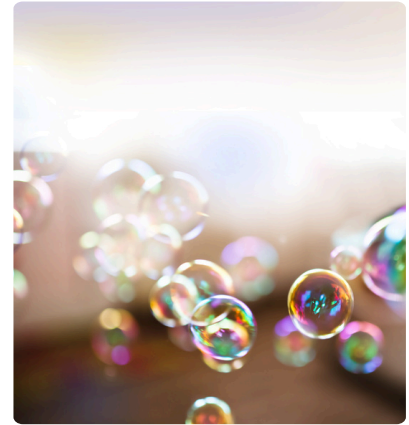
**!** *Best suited for: Dads or anyone in a fathering role of children aged 0-6*

*Saturdays | Apr 11 - June 27 | 9:30am - 11:30am | \*No Program Apr 4, May 16*

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).



## PROGRAM DETAILS



### **Baby Sing and Sensory**

(Best suited for: Parents of children aged 0 – 12 mos)

At **Baby Sing and Sensory**, spend time bonding with your infant and learn how to stimulate all of their senses with puppets, sensory boards and bags, singing, bubbles, and so much more.

An opportunity to form relationships and share ideas with other carers of infants.

**NOTE- Childcare for older siblings not available**

\*Registration required

**Fridays, Apr 10 – June 5 | 9:30 am - 11:30 am | @ LaPerle**



[Register here!](#)



\*Scan the QR code or visit our website to register

## IN-PARTNERSHIP PROGRAMS



### Story Sprouts @ LaPerle

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

**Tuesdays** | April 14 - June 16 | 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** | April 15 - June 17 | 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** | April 16 - June 18 | 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** | Apr 9 – June 25 | 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).

In partnership with **Jasper Place Wellness Centre**: caregivers can access onsite support, including community resource navigation, housing support, addiction recovery support, and direct referrals to JPWC medical clinic.



\*No Program Apr 2

### Explore & Create Night @ West Jasper Sherwood CL

**!** *Best suited for: Families with children aged 5 - 12 (siblings welcome)*

**Tuesdays** | April 7, May 12, June 9 | 6:00 pm - 7:30 pm

Come join us for a playful, imagination-filled evening where children can experiment with a variety of different materials, and discover the joy of creating together.



### Sing, Sign, Laugh and Learn @ Willowby

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

**Tuesdays** | Apr 7 - June 23 | 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 June 30



### Come Play with Me

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

**Mondays** | Apr 13 – June 22 | 9:00 am - 11:00 am | @Meadowlark CL

**Thursdays** | Apr 9 – June 25 | 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 Apr 2, Apr 6, May 18, June 29



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



## Featured Program



## Ages and Stages Questionnaire

\*For children 1 month to 5 1/2 years of age.

The Ages and Stages Questionnaire is a parent completed checklist. This easy to use tool helps parents follow and monitor their child's development.

\*For children 1 month to 5 1/2 years of age.

You can now access the ASQ online.

To complete a screening questionnaire, either access the link or scan the QR code below:

**Complete your child's ASQ  
screening online**



# 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*



**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 (Growing Together)** program has had a 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!"



"JPFRC has provided **a safe space for my children to grow, learn and experience community.** (*Come Play with Me at*) **La Perle** provide a great space that we have been coming to for 4 years. More funding for new furniture, toys, decor and funding would make a substantial impact on the program. "



"I'm **a single mother and my family is not in Canada.** But I can get useful information at **Baby & You.** Also, **I can connect with people.** That's really helpful! I love coming to the group. I love continuing to come and learn many things as much as I can. "






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

# IMPORTANT DATES TO REMEMBER






## April - June 2026

Mar 30 - Apr 2	📅 <b>Family Resource Program Break</b>
Fri, Apr 3	🚫 <b>Agency Closed</b> - Good Friday
Sat, Apr 4	🚫 <b>Agency Closed</b> - Long Weekend
Mon, Apr 6	🚫 <b>Agency Closed</b> - Easter Monday
Fri, May 15	🚫 <b>Agency Closed</b> - Professional Development
Sat, May 16	🚫 <b>Agency Closed</b> - Long Weekend
Mon, May 18	🚫 <b>Agency Closed</b> - Victoria Day
June 29 - July 3	📅 <b>Family Resource Program Break</b>

### Our Locations

- 
**The Orange Hub**  
 #413-10045 156 Street  
 Ph: 587-635-1775
- 
**Cabrini Centre**  
 16811 88 Ave NW  
 Ph: 780-489-2243
- 
**LaPerle**  
 #29-9606 180 St NW

### Other Locations

- 
**West Jasper Sherwood CL- Community Building**  
 15430 93 Ave NW  
 \*Free residential parking
- 
**West Jasper Sherwood CL**  
 9620 152 St NW  
 \*Free residential parking
- 
**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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