



JASPER PLACE
Family Resource Centre

Program Guide

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



July - August 2026

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





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July - Aug 2026

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

July - Aug 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				
Bonding Together -Parent and Baby @ Online *Registration required July 23 & Aug 20				1:30 pm - 2:30 pm		
Infant Massage *Registration required Aug 6, 13, 20 @ North Glenora Community League				9:30 am - 11:30 am		
In-Partnership Programs						
Bereavement Support Group @ Cabrini * August 20 *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	
Family Violence Support *The Today Centre @ Orange Hub		9:00 am - 2:00 pm				

One-on-One Programs

Ages and Stages Questionnaire
Prenatal Supports (Health for Two)
Triple P- Positive Parenting
Circle of Security Parenting

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!*

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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 pregnancy, postpartum and infancy
- Access community resources

*Healthy snack & childcare provided for older siblings

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



*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

July 23 & August 20
1:30 pm - 2:30 pm

*Registration required

[Register Here!](#)



*Scan the QR code or visit our website to register

PROGRAM DETAILS

Infant Massage

Best suited for: parents/caregivers & infants from 1 – 12 months

Infant massage can support bonding, body awareness, relaxation, sleep, and comfort for both infants and caregivers.

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.

**Registration required*

Thursdays, Aug 6, 13, 20 | 9:30 am - 11:30 am | North Glenora Community League

(13535 109A Ave NW, T5M 3Z4)

Note- **Doors open at 9:00 am*

Register here!



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



PARENT & CAREGIVER PROGRAMS

IN-PARTNERSHIP PROGRAMS



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

Family Violence Support

***Tuesdays** | 9:00 am to 2:00 pm | The Orange Hub, #413

**Free street parking and pay lots available.*

Short term support for adults experiencing family violence in, or recently out of the relationship.

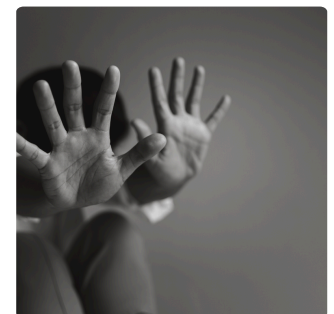
This voluntary resource comes with no obligation and can include 4-5 individual sessions which can occur in person, virtually, or over the phone.

****Appointment required**

NOTE: The first session will be over the phone to complete intake and assessment. Call (587) 635-1775



Family violence help starts today



ParentCare Bereavement group

***Thursday, Aug 20** | 7:00 pm - 9:00 pm | @ Cabrini Centre

This group supports parents who have experienced the loss of a baby through: miscarriage, ectopic pregnancy, stillbirth, medical induction (TFMR), early infant death.

The Parent Care Group provides a compassionate space for parents to share experiences, feelings, and information while offering one another support during a deeply difficult and often isolating time.

**Light snack and refreshments provided*

**Free parking in the gravel lot next to the main entrance*



July - Aug 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 @ LaPerle *Registration required July 10 - Aug 14					9:30 am - 11:30 am	
Come Play with Me @ LaPerle *Thursdays available only in July	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 @ LaPerle		1:00 pm - 3:30 pm	1:00 pm - 3:30 pm			
Stay and Play *Outside on Thursdays only @ Cabrini	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	
Come Play with Me - Outside Various playgrounds in the community				1:30 pm - 3:30 pm		10:00 am - 12:00 pm
In-Partnership Programs						
Parents and Kids Club *In-partnership with Jasper Place Wellness Centre @ West Jasper Sherwood CL				2:00 pm - 4:00 pm		
Explore & Create Night @ West Jasper Sherwood Community Building July 9, Aug 13 (15430 93 Ave)				6:00 pm - 7:30 pm		

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

***Thursdays and Saturdays- Outside Weather Permitting*

PLAY LEARN CONNECT

PROGRAM DETAILS

Come Play With me *Drop-in @ LaPerle*

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

Monday to Wednesday | July 6 - Aug 27 | 9:00 am - 11:30 am

Tuesday & Wednesday | July 7 - Aug 26 | 1:00 pm - 3:30 pm

Thursdays | July 6 - July 30 | 9:00 am - 11:30 am

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 July 1, July 2, Aug 3 & Aug 31*



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

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

Mondays & Fridays | July 6 - Aug 27 | 9:30 am - 11:30 am

Tuesday, Wednesday, Thursday | July 7 - Aug 27 | 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 July 1 - July 3, Aug 3, Aug 28 & Aug 31*

NOTE- Thursdays Stay and Play is Outside at Cabrini playground | **Weather permitting*



Baby Sing & Sensory *@ LaPerle*

! *Best Suited For: Parents of children aged 0 - 12 mos*

Fridays | July 10 - Aug 14 | 9:30 am - 11:30 am

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.



[Register here!](#)



**Registered group | Drop-in welcome*

NOTE- Childcare for older siblings not available

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

PLAY LEARN CONNECT

PROGRAM DETAILS



Come Play with Me - Outside

(**Best Suited for:** Families of children aged 0-11)

**Siblings welcome - drop in available*

We invite you to 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 at various playgrounds in the community.

Thursdays | 1:30 pm - 3:30 pm

- July 9, August 6 - [Willowby CL Playground](#)
- July 16, August 13 - [Meadowlark CL Playground](#)
- July 23, August 20 - [North Glenora CL Playground](#)
- July 30, August 27 - [West Jasper Sherwood CL Playground](#)

Saturdays | 10:00 am - 12:00 pm

- July 4 - [Potter Greens Park](#)
- July 25 - [Webber Greens Park](#)
- August 8 - [Westridge Wolf Willow Community Playground](#)
- August 15 - [Potter Greens Park](#)
- August 22 - [Westridge Wolf Willow Community Playground](#)



***Weather permitting** | Follow us on social media for weather-related updates or location changes.

PLAY LEARN CONNECT

IN-PARTNERSHIP PROGRAMS

! **Parents & Kids Club** @ West Jasper Sherwood CL

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

Thursdays | July 9 - Aug 27 | 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 July 2

! **Explore & Create Night** @ West Jasper Sherwood CL - Community Building (15430 93 Ave)

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

Thursdays | July 9 & August 13 | 6:00 pm - 7:30 pm | Drop-in welcome

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.



Featured Program



Health for Two

Health for Two is a free program offered for pregnant people. Health for Two (Hf2) provides support throughout pregnancy and up to 2 months postpartum to those 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 groceries, transportation and prenatal vitamins

📌 Register by filling out the referral form or call us for more information:

[Register here!](#)



*Scan the QR code to register

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 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*



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

TESTIMONIALS

Feedback from Participants



"We learned ways to help our children **navigate their emotions in a positive manner**. The resources here have helped us as parents when we are feeling frustrated or confused with different parenting methods. In turn, the resources have taught us as parents to provide a good foundation for our children and has **helped our children immensely.** "



"The **postpartum group** offered a time and **place to reflect and consider better mental health strategies** for myself and my family"



"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!"



"Attending the **LLLC meetings** (*Bonding Together- Parent and Baby*) meetings have been an invaluable part of my maternity leave. The support that is provided to expecting and new moms is incredible, I would not have had such **a positive and successful breastfeeding journey** without it. Please continue to support this program!"



"JPFRC has provided **a safe space for my children to grow, learn and experience community.** (*Come Play with Me at*) **LaPerle** 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. "



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IMPORTANT DATES TO REMEMBER

July - August 2026

June 29 - July 3
Wed, July 1
Sat, Aug 1
Mon, Aug 3
Fri, Aug 28
Sat, Aug 29
Aug 31 - Sep 4

- 📅 **Family Resource Program Break**
- 🚫 **Agency Closed - Canada Day**
- 🚫 **Agency Closed - Long Weekend**
- 🚫 **Agency Closed - Civic Holiday**
- 🚫 **Agency Closed - Professional Development**
- 🚫 **Agency Closed - No Programs**
- 📅 **Family Resource Program Break**

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!

Follow Us On Social Media:

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@jasperplacefrc



Summer Bingo Card

Outdoor play offers children open-ended, self-led inquiry where they can take risks and build physical resilience while promoting self-regulation. Most importantly, stepping outside encourages us to discover new communities and meet new people. We believe that building a strong, supportive community is important.

We invite you to **Come Play with Me - Outside** on Thursdays and Saturdays (weather permitting)!

 <p>Wear Sunscreen</p>	 <p>Pack a Magnifier</p>	 <p>Spray Chalk Art</p>	 <p>Outdoor Storytime</p>	 <p>Water Play!</p>
 <p>Bird Watching</p>	 <p>Dandelion Prints</p>	 <p>Drink Water</p>	 <p>Dance in the Grass</p>	 <p>Paper Airplanes</p>
 <p>Playdough Garden Gnomes</p>	 <p>Tree Bark Rubbings</p>	<p>Come Play with Me - Outside</p>	 <p>Adopt a Pet Rock</p>	 <p>Chalk Art</p>
 <p>Meet New People</p>	 <p>Bubble Blowing</p>	 <p>Make Memories</p>	<p>Play a Game of Tag</p>	 <p>Stay Cool</p>
 <p>Connect with Friends</p>	<p>Smell the Flowers</p>	 <p>Butterflies Oh my!</p>	 <p>Build a Sandcastle</p>	 <p>Play Ball</p>