



Program Guide

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

A photograph of five children lying on their backs in a pile of dry autumn leaves. The children are of diverse backgrounds and are smiling at the camera. They are wearing various clothing, including a red jacket, a grey sweater, a blue denim jacket, and a yellow jacket. The leaves are in shades of red, orange, and brown.

September - December 2026

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





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Sept - Dec 2026

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

Sept - Dec 2026

NURTURING RESILIENT CAREGIVERS

All programs are free of charge!

EVIDENCE-BASED SESSIONS

Nurturing Resilient Caregivers

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				1:30 pm - 2:30 pm		
Bonding Together -Parent and Toddler+ @ Online *Registration required				7:00 pm - 8:00 pm		
Infant Massage @ LaPerle *Registration required Nov 6, 13, 20					9:30 am - 11:30 am	
C.A.R.E *Registration required @ Cabrini *Sept 8, Oct 13, Nov 10, Dec 8		5:00 pm - 7:00 pm				
In-Partnership Programs						
C.A.R.E for Single Mothers *Registration required @ Cabrini *Sept 29, Oct 27, Nov 24, Dec 8		5:00 pm - 7:00 pm				
Family Violence Support @ Orange Hub		9:00 am - 2:00 pm				
CSS -Parenting Teenagers in Canada @ Cabrini *Registration required						10:00 am - 1:00 pm
Little Warriors In-person *Sept 19, 10 am - 1 pm						10:00 am - 1:00 pm
Parent Support @ Kickstand		12:00 pm - 6:00 pm			12:00 pm - 6:00 pm	
Bereavement Support Group @ Cabrini *Sept 17, Oct 15, Nov 19 *Parent Care Support Society				7:00 pm - 9:00 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/>

NURTURING RESILIENT CAREGIVERS

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 both challenges and 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, pregnancy and postpartum.
- Access community resources



**Healthy snack & childcare provided for older siblings*

Tuesdays | 10:00 am to 11:30 am @ Cabrini | **Drop-in** | No program - Sept 1, Dec 22, Dec 29



**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*



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.

**Registration required*

Fridays, Nov 6, 13, 20 | 9:30 am - 11:30 am | LaPerle

[Register here!](#)



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

NURTURING RESILIENT CAREGIVERS

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

Sept 17 - Nov 26

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.



Thursdays, Sept 3, Oct 1, Nov 5 | 7:00 pm - 8:00 pm | Zoom

[Register Here!](#)



*Scan the QR code or visit our website to register

NURTURING RESILIENT CAREGIVERS

PROGRAM DETAILS

C.A.R.E

Tuesdays, Sept 8, Oct 13, Nov 10 & Dec 8
5:00 pm to 7:00 pm @ Cabrini

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.

*Free parking in the gravel lot

*Meal and refreshments included



[Click here for registration info!](#) 

Children of participants join a Play, Learn, Connect program in the gym with facilitators

NEW

*In partnership with

Kaleo Collective



[Click here for registration info!](#) 



Meal and refreshments included

*Free parking in the gravel lot

Children of participants join a Play, Learn, Connect program in the gym with facilitators

C.A.R.E for Single Mothers

Tuesdays, Sept 29, Oct 27, Nov 24 & Dec 8
| 5:00 pm to 7:00 pm @ Cabrini

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.

NURTURING RESILIENT CAREGIVERS

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 who are experiencing family violence or who have recently left an abusive relationship.

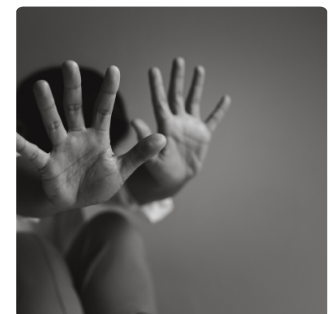
This voluntary resource comes with no obligation and can include 4-5 individual sessions which can occur in person, virtually, or over the phone.

****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

Thursdays, Sept 17, Oct 15, Nov 19 | 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*



NURTURING RESILIENT CAREGIVERS

IN-PARTNERSHIP PROGRAMS



Little Warriors Prevent It! workshop is an interactive workshop designed to educate adults to help prevent and respond to child sexual abuse through improving attitudes, knowledge and behaviour of workshop participants.

[**Register Here**](#)

Date Saturday, Sept 19, 2026
Time 10:00 am to 1:00 pm
Location **Cabrini Centre (In-person)**
16811 88 Ave NW, Edmonton



**Please scan the QR code to register*

NOTE:

- Certificate of attendance will be provided upon completion of the workshop.
- Snacks and refreshments will be provided.
- Paid Parking is included; more information will be provided upon registration.

little.
warriors

Sept - Dec 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 Sept 11 – Oct 30					9:30 am - 11:30 am	
Come Play with Me @ LaPerle	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				
Stay and Play @ 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	9:30am - 11:30am
Sensory Friendly Come Play with Me @ LaPerle *Registration required Sept 16 – Dec 16			1:00 pm - 3:30 pm			
Books for Babies @ LaPerle *Registration required Nov 27 – Dec 18					9:30 am - 11:30 am	
In-Partnership Programs						
Come Play with Me & SSSL Mon @ Meadowlark CL	9:00 am - 11:00 am					
Come Play with Me Thurs @ North Glenora CL				1:30 pm - 3:30 pm		
CFL- Intergenerational Do Re Mi-ABC @ Touchmark			10:00 am - 11:00 am			
CFL- Pajama Time Rhymes That Bind @ Online			6:30 pm - 7:00 pm			
Parents and Kids Club @ West Jasper Sherwood CL				2:00 pm - 4:00 pm		
Sing, Sign, Laugh, & Learn @ Willowby		9:30 am - 10:15 am				
Explore & Create Night @ West Jasper Sherwood CL Sept 10, Oct 8, Nov 12, Dec 10				6:00 pm - 7:30 pm		

NOTE- For accurate 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/>

PLAY LEARN CONNECT

PROGRAM DETAILS

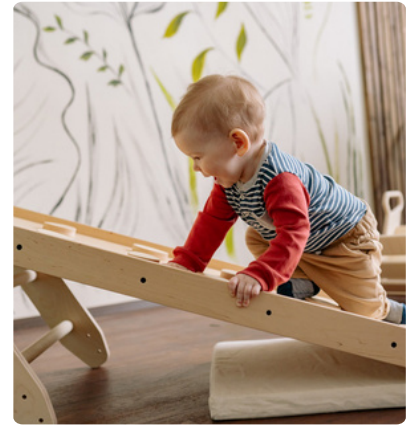
Come Play with Me *Drop-in @ LaPerle*

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

Monday to Thursday | Sept 8 - Dec 17 | 9:00 am - 11:30 am
Tuesday | Sept 8 - Dec 15 | 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 Sept 7, Oct 12, Nov 11, Dec 19 - Jan 3*



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

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

***Mondays & Fridays** | Sept 14 - Dec 18 | 9:30 am - 11:30 am*
***Tuesday, Wednesday, Thursday** | Sept 15 - Dec 17 | 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 Sept 7, Oct 12, Nov 11, Dec 19 - Jan 3*



Sensory Friendly Come Play with Me

Registration required @ LaPerle

! ***Best suited for:** Families with children ages 0-4 years*
*(Older siblings are welcome) *No Program Sept 30, Nov 11*

***Wednesdays** | Sept 16 - Dec 16 | 1:00 pm - 3:30 pm | Drop-in also available*

A welcoming play-based program designed to support early development and varying sensory needs through intentional activities, movement, connection, and discovery. Families help co-create a space where everyone feels a sense of belonging.



[Register here!](#)

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

PLAY LEARN CONNECT

PROGRAM DETAILS

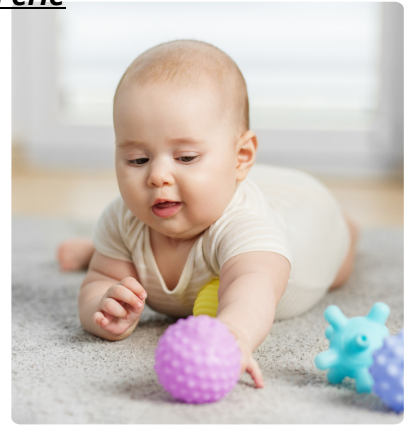
Baby Sing and Sensory *Registration required @ LaPerle*

! **Best Suited For:** Children aged 0-12 months

Fridays | Sept 11 – Oct 30 | 9:00 am - 11:30 am

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.



[Register here!](#)



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

NEW

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

! **Best Suited For:** Children aged 0-11 years

Saturdays | Sept 12 – Dec 12 | 9:30 am - 11:30 am |

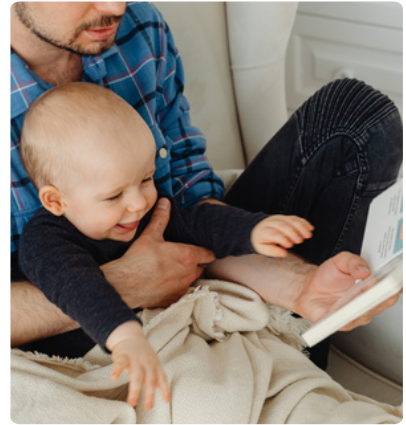
** Free onsite parking for participants*

Saturday fun for all ages! Children can play, create, explore and connect through engaging activities designed for a variety of ages and interests.

**No Program Oct 10*



PROGRAM DETAILS



Books for Babies

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

Books for Babies is a program that encourages parents and caregivers to share books with their babies. Parents will learn ways to support early literacy and language development while bonding and growing together with their babies. This program is designed specifically for infants to participate in.

If you wish to receive the books, you will need to attend every session.

NOTE: Childcare for older siblings is not available

*Registration required

Fridays, Nov 27 – Dec 18 | 9:30 am - 11:30 am | @ LaPerle



[Register here!](#)



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

PLAY LEARN CONNECT

IN-PARTNERSHIP PROGRAMS



Intergenerational Do-Re-Mi ABC @ Touchmark

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

Wednesdays | Oct 7 – Dec 9 | 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*

Wednesdays | Oct 7 – Dec 9 | 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 participate!

[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 | Sept 17 – Dec 17 | 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).



Explore & Create Night @ West Jasper Sherwood CL - Community Building

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

Thursdays | Sept 10, Oct 8, Nov 12, Dec 10 | 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 | Sept 8 – Dec 15 | 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.



Come Play with Me

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

Mondays | Sept 14 – Dec 14 | 9:00 am - 11:00 am | Meadowlark CL

Thursdays | Sept 17 – Dec 17 | 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 Oct 12



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



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)
- Prenatal Vitamins and a monthly gift card to assist with groceries, and transportation if needed to medical appointments

 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 have 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 third Thursday of each month. Visit the site <https://wecanfood.com/> for more info

We thank **Bon Ton Bakery** for supporting food security in the West Edmonton community!

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* and diapers.

**Formula cannot be expired or opened*



Have questions about safely using your child's car seat?

Make an appointment* with 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/>

IMPORTANT DATES TO REMEMBER

September - December 2026

Aug 31 - Sept 4	📅 Family Resource Program Break
Mon, Sept 7	🚫 Agency Closed - Labour Day
Wed, Sept 30	🚫 Agency Closed - National Day for Truth and Reconciliation
Sat, Oct 10	🚫 Agency Closed - Long Weekend
Mon, Oct 12	🚫 Agency Closed - Thanksgiving Day
Wed, Nov 11	🚫 Agency Closed - Remembrance Day
Dec 19 - Dec 23	📅 Family Resource Program Break / Winter Holidays
Dec 24 - Jan 3	🚫 Agency Closed - Winter 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 Ave NW
*Free residential parking and parking lot

Thank you for your participation!

Follow Us On Social Media:

@JasperPlaceFRC



@JasperPlaceFRC



@jasperplacefrc





Fall Self-Care *Bingo*



Mark the ones you've done today!

Had a glass
of water

Took a deep
breath

Went
outside for
fresh air



Wrote in
your journal

Rested
without
guilt

Stretched
for a few
minutes

Put your
phone on
silent

Gave
yourself a
compliment



Had a warm
drink



Self-care can also mean finding your village.

See C.A.R.E for Single Mothers on page 6.



www.jasperplace-cfrc.com

