

From: [YMCA of Northern Alberta](#)
To: [Katherine Therrien Public Email](#)
Subject: Family Resource Network Newsletter - November Edition
Date: Saturday, October 30, 2021 10:00:58 AM

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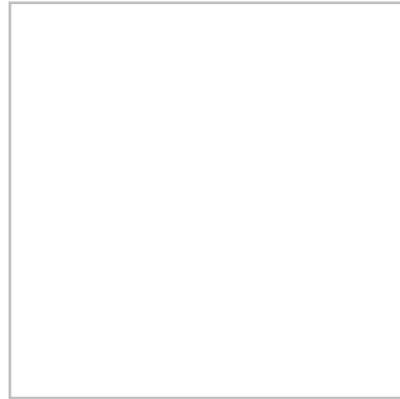


NOVEMBER 2021

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November 2021

November 2 – Day of the Dead (Mexico)

November 4 – Diwali (India)

November 11 – Remembrance Day

November 20 – National Children's Day

The North Central Edmonton Family Resource Network is currently open for virtual services. Staff are currently working remotely. No walk-ins are available at this time.

To stay up to date on YMCA COVID-19 Updates, please visit: <https://northernalberta.ymca.ca/COVID-19>

FRN Updates

Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters of Edmonton & Area (BGCBigs) needs **Community-Based Mentors** starting immediately for their Big Brothers Big Sisters program. With a waitlist of over 800 children and youth, BGCBigs is reaching out to the community this month during their Be the Reason campaign, asking individuals to step up and volunteer.

Be a Big and be the reason young people have something fun, impactful and meaningful to look forward to! Spending as little time as a few hours a week can mean the world to a young person.

Please note: BGCBigs is also looking for virtual tutors & virtual mentors!

Visit [BGCBIGS.ca](https://www.bgcbig.ca) to learn more and get involved!

Questions: please connect with Kirsten Huggett at 587.930.7034

Creating Hope Society

The Creating Hope Society serves families with children and youth ages 0-18. They offer traditional parenting “Indigenous Ways of Knowing” to support parents with education and in-home support.

Referrals can be brought forward from:

- **North Central Edmonton FRN** - Castle Downs Family YMCA (780-377-3730)
 - Creating Hope Society - Cultural Support Team Lead (780-477-7961)
-

KARA Family Resource Centre

KARA Family Resource Centre offers virtual programs and opportunities for families with children aged 0-6 years that support early learning and development. KARA is excited to offer programming in partnership with the Centre for Family Literacy. To help keep everyone safe, KARA will be offering parent-child interactive programming virtually.

KARA staff are here to support you as you raise your little one, providing a listening ear and much more. You are not alone! Participate in a group and share social support, information and resources with others.

Contact KARA at 780-478-1818 or by emailing info@kara-frc.ca to connect with a staff who can help address your specific need or question.

Upcoming Parenting Programs at KARA

- **COPEing with Toddler Behaviour:**
 - Tuesdays, October 5 - November 23, 6-7:30 pm
- **Super Dads Super Kids:**
 - Tuesdays, October 12 - November 30, 6-8 pm
- **Parenting Across Cultures:**
 - Mondays, October 18 - November 22, 6-8pm

Call Winifred at 587-525-6679 or email winifred@kara-frc.ca to register for programs.

YMCA Family Connect: Home Visitation & Family Support Program

Supports for families with children and youth ages 0-18 years through in-home visits. Staff work with families to increase parenting skills, support child development, advocacy and more.

These programs are currently accepting participants. Workers continue to meet with caregivers and families on the phone, virtually or curbside while following COVID-19 protocols.

For more information about programs offered out of the North Central Family Resource Network, contact us at **780-377-3730** or email us at infohub@northernalberta.ymca.ca

YMCA Family Connect: Child, Youth & Caregiver Education

Caregiver Education focuses on enhancing parenting practices and behaviours such as developing and practicing positive discipline techniques, learning age-appropriate child development skills and milestones, promoting positive play and interaction between parents and children and locating and accessing community services and supports.

Children and youth workshops are offered to various age groups and support youth in building resiliency, capacity for coping, self-esteem, digital literacy skills, social acceptance and more.

All YMCA Family Connect Education programs are **FREE** and **pre-registration is required**. To register for a session, login or create a YMCA account by visiting northernalberta.ymca.ca/register.

YMCA Family Connect Caregiver Education Program Calendar

Virtual Session

In-Person Session



Creating Hope Society & St. Faith's Prayer Works Community Luncheon

Join the Creating Hope Society and St. Faith's Prayer Works for a community luncheon to share, laugh and enjoy one another's company.

When: Thursday, November 18, 2021 from 11:00 AM to 1:00 PM

Where: St. Faith Anglican Church - 11725 93 St. NW, Edmonton

Everyone is welcome!

YMCA Peace Week: November 13 - 20, 2021

YMCA Peace Week is a time when we celebrate the presence of peace in our communities, and reflect on the peace-building work that happens all year both inside and outside the YMCA.

As we navigated through 2020, YMCA Peace Week took on new meaning, illustrating how the ongoing work of building peace needs to continue now more than ever. When we act for peace, together we build stronger and healthier communities.

To learn more about YMCA Peace Week, click on the button below.



[Learn more about YMCA Peace Week](#)

Urgent Need for Donations to Hope Mission

On October 8, 2021, a fire at Hope Mission's Edmonton warehouse destroyed all of their winter supplies for the season including winter clothing and hygiene products.

Hope mission is in urgent need of the following items:

- Gently-used or New Men's & Women's Clothing of all sizes including:
 - Underwear

- Sweatpants
- Gloves
- Coats or jackets
- Short & long t-shirts
- Socks
- Winter toques
- Long johns
- Hoodies (size S, M, L, XL)
- Backpacks
- Running shoes
- Boots
- Belts
- Combs
- Small & large bottles of:
 - Shampoo
 - Conditioner
 - Body Wash
- Razors
- Deodorant
- Toothbrushes
- Small Kleenex tissue packs
- Hand & toe warmers

All donations can be brought to the following Edmonton Hope Mission locations:

Hope Bargain Shoppe and Donation Centre

Crossroads Business Centre
 2403 Ellwood Drive SW, Edmonton, T6X 0J6
 P: 780-422-2018 (ext. 300)
 Donation Hours: Mon-Fri 9-4

Hope Mission Centre

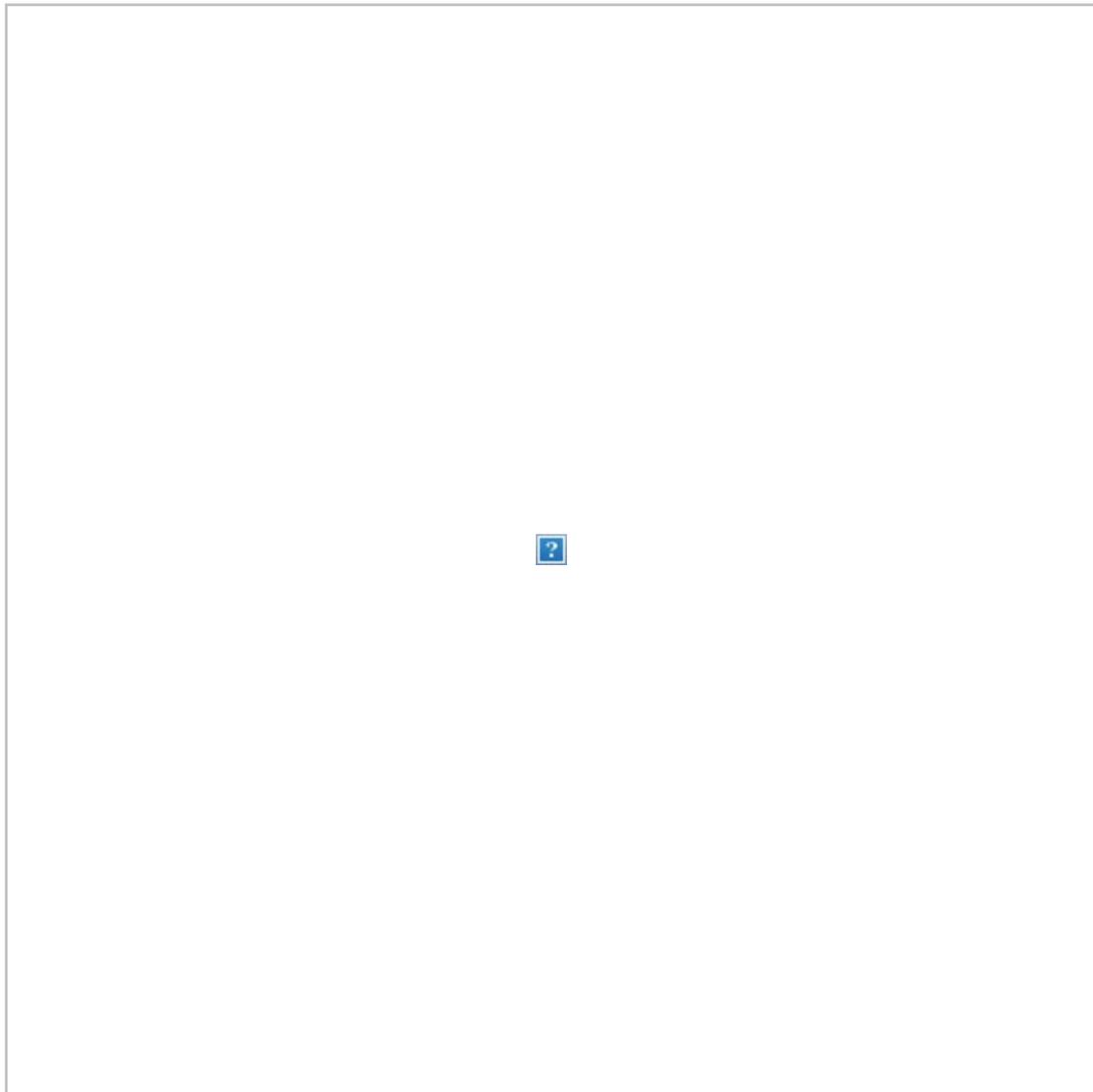
9908 106 Avenue, Edmonton, T5H 0N6
 P: 780-422-2018 (ext. 200)
 Donation Hours: Mon-Fri 9-4

Hope Mission is a not-for-profit agency that cares for Albertans experiencing homelessness. Every winter, Hope Mission provides winter clothing for

individuals, children and families who can't afford it.

Now more than ever, your donation will make a difference in the lives of individuals and families experiencing homelessness in Edmonton!

Experience Downtown Edmonton living at affordable prices!



Affordable Studios, 1- & 2-Bedroom Apartments in Downtown Edmonton

Located in downtown Edmonton, the Melcor YMCA Village is a 150-unit

apartment complex for individuals, couples and families. It combines safe, affordable quality living with vital community services and programs including a Family Resource Centre and YMCA Child Care. The Melcor YMCA Village isn't just housing – It's a community.

Melcor YMCA Village is a crime-free, smoke-free, and pet-free village located in the Quarters Arts District. Featuring open-concept floorplans, you'll love your new home and the close access to everything that Downtown Edmonton has to offer at simply unbeatable prices.

Nearby public transit connects you to every corner of Edmonton. Melcor YMCA Village is perfectly situated for university students and young families alike.

Melcor YMCA Village Features

- Rental rates are 10% - 15% below the average market rental rate. Security deposit is only \$500!
- Open-concept condo-style with spacious studio, 1- & 2-bedroom suites.
- Secured indoor & outdoor playground
- Full-size appliances included.
- Heat and water included.
- Suites are billed monthly with independent electricity meter. No hook-up fees!
- Newly renovated suites with laminate flooring.
- Card-operated laundry facilities featuring oversized machines.
- 24-Hour security including video monitoring.
- Noise-controlled concrete building structure. An elevator makes move-in easy.
- Underground parking available for additional fees.
- Certified under the Crime Free Multi-Housing Program (applicants required to complete screening process).

Available Rentals:

- Studio Apartments: 2
- 1-Bedroom Apartments: 7
- 2-Bedroom Apartments: 10
- Barrier-Free 1-Bedroom Apartments: 1

Rental rates are 10% - 15% below the average market rental rate. Security deposit is only \$500!

Call 780-426-9272 or email Christine.VanDoorn@northernalberta.ymca.ca to learn more about how we can safely assist in your search for your new home in Downtown Edmonton.

[Learn more about Melcor YMCA Village](#)

Community Events

All is Bright Festival

November 20, 2021, from 4-8 pm

124 Street & 108 Ave. NW, Edmonton

The 124 Street area invites you to celebrate the coming of the winter season at the annual **All is Bright Winter Festival**. The main festival site is located on 124th Street between 107th Ave and 109th Ave, with the main stage in Helen Nolan Park.

Lose yourself in the glow of the lights, bask in the warmth of the Beverage Gardens, and cook some delicious treats over a fire. You'll be swept away while getting to enjoy some of Edmonton's best local businesses and artisans. Head to **Helen Nolan Park** from **4:00 - 8:00 pm** for an evening of music and celebration, and the dramatic light-up ceremony! This is a scorcher of a street party in one of Edmonton's coolest neighbourhoods.

<https://www.124street.ca/event/all-is-bright-2021>

Luminaria

November 27 - January 9, 2021

Tickets on sale now!

Thousands of candles. Millions of stars. Dazzling displays and moments of reflection, beauty and delight.

Winter blues and holiday prepping got you stressed? Then it's time to escape to a quiet oasis of peace and light. Imagine strolling through the candle-lit pathways of the Kurimoto Japanese Garden, sipping hot apple cider beside a bonfire, enjoying the seasonal sounds of strolling acapella singers and spotting magical "snow sprites" within glittering ice sculptures.

You can even share this whole experience with a loved one by lighting a candle in their honour in Memory Lane. So, stop with the stress, grab a mug, and soothe your soul at Luminaria. Stroll through the candle-lit pathways of the snow-covered Kurimoto Japanese Garden.

<https://luminaria.ualberta.ca/>

YMCA Child Care Spaces are Available!

Space is available at YMCA Child Care centres across Edmonton with part-time child care services available!

No matter where you're located in the Edmonton area, there's a YMCA Child Care centre near you! **To see a list of all YMCA Child Care locations, learn more and register your children today, click on the button below!**

[Find a YMCA Child Care location near you](#)

At-Home Activities for Families

Curried Butternut Squash Soup

Ingredients:

- 1 Tbsp coconut or avocado oil
- 2 medium shallots (thinly diced)
- 2 cloves garlic, minced
- 6 cups peeled & chopped butternut squash (1 small butternut squash yields ~6 cups)
- 1 pinch each sea salt + black pepper (plus more to taste)
- 1 1/2 Tbsp curry powder
- 1/4 tsp ground cinnamon
- 1 14-ounce can light coconut milk

- 2 cups vegetable broth (DIY or store-bought)
- 1-3 Tbsp maple syrup (or sub coconut sugar)
- 1-2 tsp chili garlic paste (optional)
- Toasted pumpkin seeds (optional garnish)

Instructions:

1. Heat a large pot over medium heat. Once hot, add oil, shallots and garlic. Saute for 2 minutes, stirring frequently.
2. Add butternut squash and season with salt, pepper, curry powder and ground cinnamon. Stir to coat. Then, cover and cook for 4 minutes, stirring occasionally.
3. Add coconut milk, vegetable broth, maple syrup or coconut sugar, and chilli garlic paste (optional for spice).
4. Bring to a low boil over medium heat and then reduce heat to low, cover and simmer for 15 minutes or until butternut squash is fork-tender.
5. Use an immersion blender or transfer soup to a blender and puree on high until creamy and smooth. If using a blender, return soup back to pot once pureed.
6. Taste and adjust seasonings, adding more curry powder, salt or sweetener as needed. Continue cooking for a few more minutes over medium heat.
7. Serve as is or with pumpkin seeds as garnish. Store leftovers covered in the refrigerator for 3-4 days or in the freezer up to 1 month. Best enjoyed when fresh.



Family Resource Network (FRN) Information

Address:

Castle Downs Family YMCA
11510 153 Avenue, Edmonton, AB T5X 6A3

Phone:
(780) 377-3730

Email:
infohub@northernalberta.ymca.ca

Click to view our [website](#).

Temporary FRN Hours of Operation:

MONDAY-THURSDAY 9:00 AM – 8:00 PM

FRIDAY 9:00 AM – 4:00 PM

SATURDAY 9:00 AM – 4:00 PM

SUNDAY Closed

HUB phone lines are open.

If you need support outside of regular business hours, we encourage you to contact one of the 24/7 support lines found below.

24/7 Crisis & Support Lines:

If you or someone you know is experiencing distress or is in crisis, please contact one of the following numbers, or call 911 if you are in immediate danger. Available 24/7.

Addiction Services Helpline – 1 (866) 332-2322

Help for problems with gambling, alcohol, tobacco, and other drugs.

Bullying Helpline – 1 (888) 456-2323

Advice or support on bullying (bullyfreealberta.ca).

Child Abuse Hotline – 1 (800) 387-5437

Hotline to report child neglect or abuse.

Family Violence Info Line – 310-1818

Provides information, advice, and support related to family violence.

Health Link – 811

Health advice from a registered nurse.

Income Support Contact Centre – 1 (866) 644-5135

Financial help for Albertans who do not have the resources to meet their basic needs.

Kids Help Phone – 1 (800) 668-6868

24/7 service offering professional counselling, information and referrals and support to young people.

Mental Health Helpline – 1 (877) 303-2642

Offers help for mental health concerns for Albertans.



Thank you to our incredible program partners!



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