

**From:** [YMCA of Northern Alberta](#)  
**To:** [Katherine Therrien Public Email](#)  
**Subject:** Family Resource Network Newsletter - September Edition  
**Date:** Wednesday, September 1, 2021 10:02:28 AM

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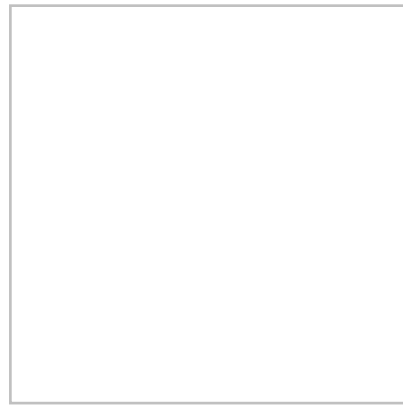


**SEPTEMBER 2021**

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## September 2021

**September 5<sup>th</sup>** – Labour Day

**September 8<sup>th</sup>** – International Literacy Day

**September 22<sup>nd</sup>** – First Day of Autumn

**September 30<sup>th</sup>** – Orange Shirt Day

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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>

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



Thank you to our incredible program partners!

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## 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](mailto: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 – 4:30 PM

**SATURDAY** 9:00 AM – 2:00 PM

**SUNDAY** Closed

## 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](http://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.

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## FRN Updates

### Big Brothers Big Sisters

Traditionally known as Big Brothers Big Sisters, our mentoring programs have grown in their diversity over the years.

#### Male Mentors Wanted!

We are looking for male mentors! One mentor (Big) and one mentee (Little) spend time together building a friendship based on trust, support, common interests and fun! Bigs and Littles participate in a variety of activities – from riding bikes, skating, reading, working on homework, cooking or playing video games to just talking and sharing with each other.

**Who can be a Mentor?** Anyone over the age of 18 who cares about kids! To apply, complete the form at <https://bgcbigs.ca/volunteer/adult/community/>

**Questions:** please connect with Kirsten Huggett at 587.930.7034

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### Creating Hope Society

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

To register for Creating Hope Society programs, contact [info@creatinghopesociety.ca](mailto:info@creatinghopesociety.ca) or call 4780-477-7961.

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## **KARA Family Resource Centre**

KARA Family Resource Centre offers several virtual programs and opportunities for families with children aged 0-6 years that support early learning and development. KARA staff are working remotely; programming will continue to be held via Zoom or Facebook.

For more information about any of our Early Childhood programs and services, please contact Janice ([janice@kara-frc.ca](mailto:janice@kara-frc.ca) or 587-525-7279) to register and join online.

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## **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](mailto:infohub@northernalberta.ymca.ca)

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## **YMCA Family Connect Caregiver and Family Education**

YMCA Caregiver & Family Education provides education and workshops for families with children and youth aged 0-18 years. For more information, visit [northernalberta.ymca.ca/FRN](http://northernalberta.ymca.ca/FRN) or call 587-712-1994.

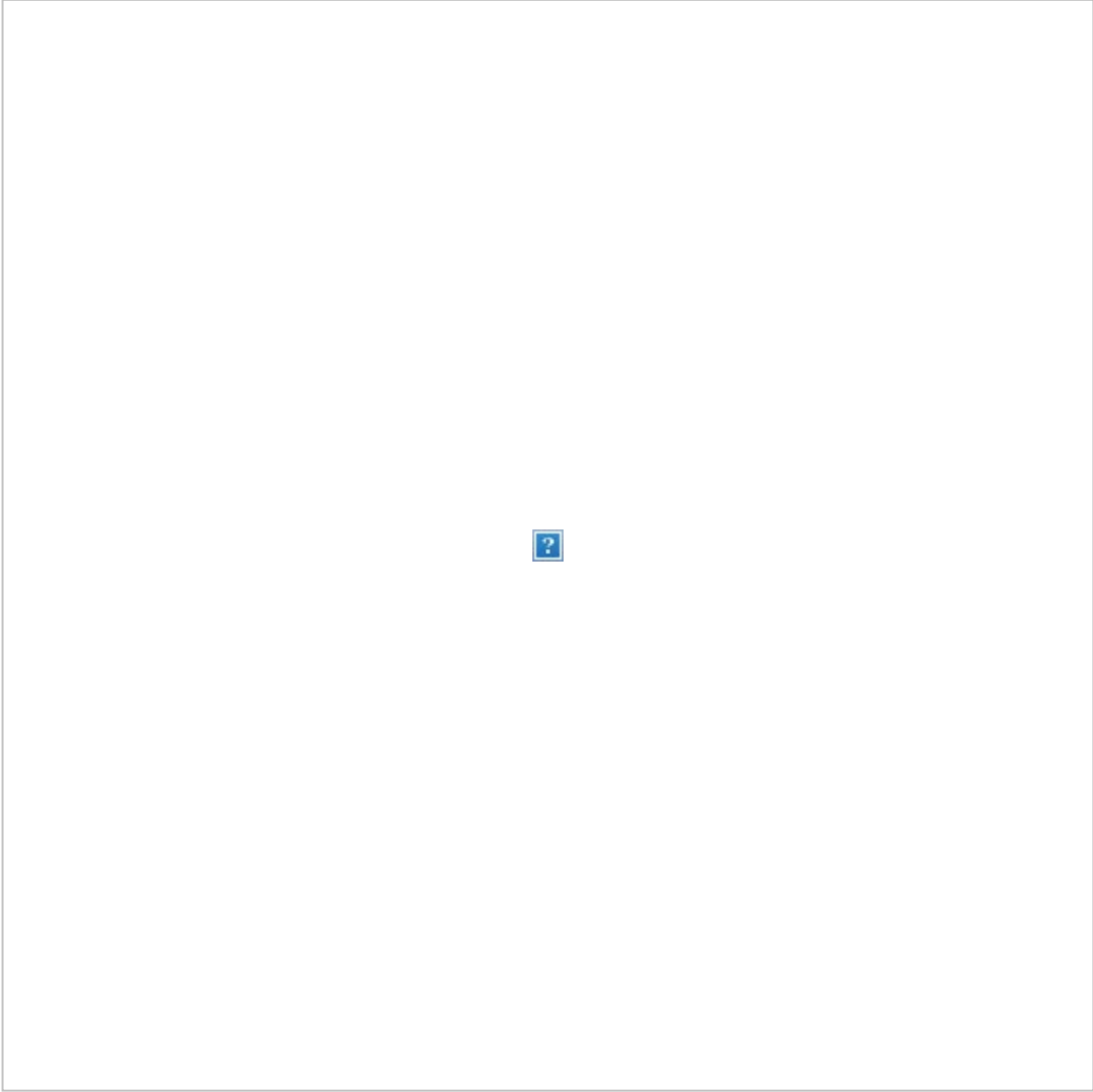
To register for programs, email [FCEducation@northernalberta.ymca.ca](mailto:FCEducation@northernalberta.ymca.ca) or [visit this link to fill in the new participant registration form.](#)

*All sessions are being held virtually via Microsoft teams.*

All workshops will require registration. Please [go to our FRN website](#) and click the link to register. You will need to create an account (one-time only) then get access to all our free workshops.

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## YMCA Family Connect Caregiver Education Program Calendar

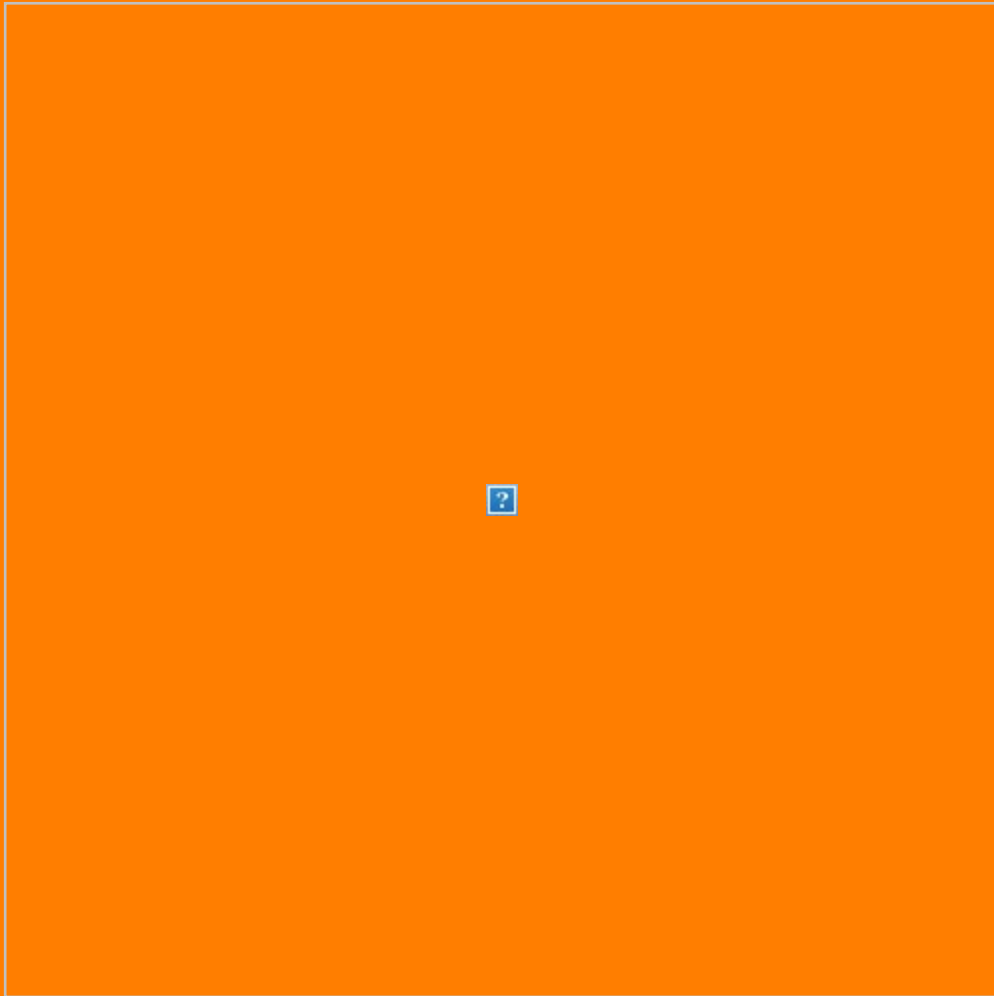


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**Orange Shirt Day**

The slogan for Orange Shirt Day is “Every Child Matters.” It is important to remember and honour the experiences and loss of First Nations, Inuit, & Métis children due to residential schools. Orange Shirt Day is a day to join as a community to recognize the impact that the residential school system has on Canada, both in the past and today.

Remember to Wear an Orange Shirt on September 30 to show respect and honour for our First Nations, Inuit, & Métis community.



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**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).

Call 780-426-9272 or email [ken.zhang@northernalberta.ymca.ca](mailto:ken.zhang@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

### Picnic/Outdoor Family Wellness Sessions:

#### Super Dads Super Kids:

Saturday, September 11 & 25

10:00am - 11:00am

*Super Dads Super Kids is an activity-based fathering program. There are 8 sessions, each designed to give fathers and children time together in a fun activity and for fathers to discuss relevant topics together.*

### **Teddy Bear Picnic:**

Saturday, September 11

1:00pm - 2:00pm

*Bring your favourite teddy bear and join us for some reading, songs, and a craft. This picnic is recommended for caregivers and children ages 0-6 but all ages are welcome to join the fun!*

### **Family Games Picnic:**

Saturday, September 25

10:00am - 11:30am

*Come out and play some games with your family. Family engagement prizes will be awarded throughout the picnic. Games provided are recommended for adults and children ages 4+.*

All celebrations will be hosted at the Castle Downs Family YMCA - 11510 153 Ave, NW, Edmonton, AB T5X 6A3.

There will be a maximum of 8 families - weather permitting. Please bring your own blanket.

Register by sending an email to [FCEducation@northernalberta.ymca.ca](mailto:FCEducation@northernalberta.ymca.ca)

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## **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](#)

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## **At-Home Activities for Families**

## Handprint Season Trees

*You'll need:*

- Brown Cardstock
- White Paper
- Washable Paint
- Scissors
- Glue Stick

*Instructions:*

1. Trace out your child's hand on card stock paper. Make sure to also trace around their arm to make the trunk of the tree!
  2. Cut out the traced hand and arm and then glue the cut-out on to the white paper.
  3. With your paint, mix some colors to match whatever you want your tree leaves to be. Use your fingers to create dots and leaf shapes all above your finger branches.
  4. You are now the proud owner of an amazing handprint tree!
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