

Camrose Family Resource Centre

Proud to be apart of the Camrose and Area Family Resource Network



Explore our latest newsletter for a lineup of programs including registration details, drop-in programs, parent education opportunities, navigation support, developmental screenings, and much more!"

**To Register for programs go to www.camrosefrc.com
or call 780 672 -0141**

Are you curious about your child's development?

Ages & Stages Questionnaires

(For children up to age 6) The ASQ3 and ASQ-SE2 provides parents with a developmental snapshot of their child. Parents fill out the screen and then they are followed up by one of our staff.

Get started today by visiting our website: www.camrosefrc.com

Kid Kits

For families with children from birth to 5 years old, kits are tailored to foster your child's development. Simply reach out to our friendly staff to learn more or to request a Kid Kit.

Call 780 672 0141 to book a one-on-one session, or reach out to a team member

What's happening

Family Programs 0-6

Family Programs 7-13

Parent information and re-

Special Events

Child Development

Family Support

Family Programs (0-6 Years)



Curious Cuties

(Families with children under a year)

Join us for Curious Cuties. Connect with other parents, and every week we will have a special guest speaker to share resources and information about the first year. **No registration required.**

Location: Camrose Family Resource Centre, 4823-51 st

Fridays, April 5 - June 14 9:00-10:00 (Special Guest) 10:00-11:00 (Free Play)

Baby Talk

Drop-in to weigh and measure your baby and be able to meet with an AHS Public Health RN and CFRC Program Coordinator for informal access to information, support, Developmental Screenings and to get answers to any of your postpartum, lactation, and baby related questions. Phone 780-679-2980 for more info.

Weekly, Wednesdays 10:00 - 12:00 (will continue through the summer)

Location: Camrose Community Health Center – Briarcrest, 5510 46 Ave

Family Programs (0-6 Years)

Indoor Playground Drop In Time (Families with Children up to 12 years of age)

Connect and relax for free play in our indoor playground.

Tuesdays and Thursdays, 10:00-2:00
Camrose Family Resource Centre 4823 51 St.

Wednesday Morning Drop In (FIELD HOUSE)

Active play in the Field House, followed by group games and a circle time with songs, and stories. Resources available for parenting and family support.

Drop In, no pre-registration required.
April 3– April 24
Wednesdays, 10:00 - 11:00 Field House 4516 54 Street

Wednesday Morning Drop In (Jubilee Park)

Active play OUTSIDE followed by group games and a circle time with songs, and stories. Resources available for parenting and family support.

Drop In, no pre-registration required.
May 1– June 12
Wednesdays, 10:00 - 11:00 Jubilee Park, 51A Street

Nature Night (All ages)

Tuesdays in May are about to become even more spectacular because we have brought back Nature Nights! Come on down to Stoney Creek on Tuesdays in May for a night of adventure as we walk the paths and explore nature through scavenger hunts and other activities. Strollers, wheelchairs, and children's bikes are welcome as well!

Registration Required by May 1.

Tuesdays, 6:30-7:30
May 7, 14, 21, 28
Stoney Creek Center, 5320 39 Ave.



Parent Tot Time (Ball Time)

Free play, drop time; every week day. Provided by the city

Drop In, no pre-registration required.
April 3- 24
Weekdays, 11:00-12:00 at the Field House
4516 54 Street.

Handmade Holidays

Join us as we connect to celebrate the holidays with songs, stories, and activities. Each child will also get to make a special craft that they can gift someone else! Sign up for one or all three and choose from a morning (10:30) or afternoon session (1:30)

Registration Required

Earth Day - April 22
10:30 or 1:30

Mothers Day - May 6th
10:30 or 1:30

Fathers Day June 10.
10:30 or 1:30

Registration closes a week prior to the event.
Camrose Family Resource Centre,
4823 51 St



Newcomers Family Drop-In Group

Is your family new to Camrose? Drop-In to the Camrose Family Resource Center, to meet and share stories & support with other families who are new to Camrose. Crafts & Snacks included.

No registration Required

Wednesdays, Beginning April 17 - May 29
1:00-2:00
Camrose Family Resource Centre,
4823 51 St

Family Programs (7 and up)

Father's Day Celebration

Come celebrate dad with us! Join us for creating the perfect fathers day gift! We will be crafting a card for dad, a Koozie, and a key chain! While you're crafting enjoy some snacks and refreshments.

Thursday, June 13, 5:00– 6:30pm

Camrose Family Resource Centre, 4823 51 St

Newcomers Family Drop-In Group

Is your family new to Camrose? Drop-In the Camrose Family Resource Center, to meet and share stories & support with other families who are new to Camrose. Crafts & Snacks included.

No registration Required

Wednesdays, Beginning April 17 - May 29

2:00 –3:00

**Camrose Family Resource Centre,
4823 51 St**

Nature Night (All ages)

Tuesdays in May are about to become even more spectacular because we have brought back Nature Nights!

Come on down to Stoney Creek on Tuesdays in May for a night of adventure as we walk the paths and explore nature through scavenger hunts and other activities. Strollers, wheelchairs, and children's bikes are welcome as well!

Registration Required by May 1.

Tuesdays, 6:30-7:30

May 7, 14, 21, 28

Stoney Creek Center, 5320 39 Ave.



All For Mom

Come celebrate mom with us! Enjoy spending time with mom by creating the perfect mother's day gift. Enjoy crafting a card for mom, your very own fairy garden, and photo frame!

Registration Required

Thursday, May 9, 5:00 - 6:30pm

Camrose Family Resource Centre, 4823 51 St

Family Fun Night

These programs are a great way to have parents engage with their youth and children. Every Wednesday we will gather at the Centre. Crafts night & game night will allow families to support each other's imaginations, and work together as a team. **Registration Encouraged to save seating**

April 3 –Vision Board: a fun craft to inspire dreams and future goals

April 10 –Bird House: Come Paint and decorate a bird house

April 17 –Game night: Games & Prizes

April 24 –Rock painting: Come paint your to your imagination on big rocks

May 1 –Candle holders: Lets get creative and bling up your very own candle holder

May 8 –Game night: Games & prizes!

May 15 –Brain boxes: Come and decorate your brain box and fill it with several ideas for when to do a family activity

May 22 – paint with our toes

May 29 –Games night: Games & prizes!

Wednesdays, 6:00-7:30

Camrose Family Resource Centre, 4823 51 St

School half day? Library Matinee!

Join us for an afternoon of literacy AND film! Each month we'll be reading a children's picture book or excerpt of a junior novel, and then watching the film based on the book. Pizza & fruits/ veggies will be provided.

April 4: The Princess Bride, **May 2:** Mars Needs Moms, **June 6:** Where the Wild Things Are.

Starts at, 12:30

Camrose Public Library, 4710 50 Ave

Parent Education & Support

Triple P for Baby (0-12 months)

Are you a parent at the transition to parenthood or with a baby up to 12 months of age? Join the Camrose Family Resource Centre as together we actively participate in a range of exercises to learn strategies to develop a positive relationship with their baby, promote their baby's development and help teach their baby new skills and behaviors. This program consists of 4 sessions with the group, followed by 4 individual sessions tailored to your families needs. **Registration Required**

Thursdays, May 9th - May 30
8:00-9:30 pm
Virtual

Triple P - One on One (All ages)

We offer flexible, one on one sessions, that provide guidance and support tailored to help you navigate specific and common issues that many parents face.

Call 780 672 0141 for more information

Triple P - Transitions (All ages)

For parents navigating the complexities of divorce and separation, this program offers strategies to facilitate a smoother transition for both parents and children.

Call 780 672 0141 for more information

Teen Triple P (12-16 years)

Group Teen Triple P is a course that will set you up with the full range of Triple P's positive parenting strategies, and will help you understand why your teenager behaves the way they do. Find out about what makes teenagers tick and how to guide them towards being responsible, resilient and successful adults.

Call 780 672 0141 for more information

Triple P Group (2-12 years)

Raise happy, confident kids. Manage misbehavior so everyone in the family enjoys life more. Set guidelines and routines that everyone respects and follows. Encourage behaviour you like. Take care of yourself as a parent. Let us know if technology is a problem for your family and we can assist. **Registration Required**

Tuesdays, starting April 16 for 6 sessions.
7:00 - 9:00 pm
virtual

Fear Less Seminar (6-12 years)

Being a Parent to a child/teenager who is experiencing anxiety can be tough. Join us for a free virtual 90 minute session, where together we will discuss strategies and tools to support your child in being better able to cope with anxiety.

There are two times to choose from with this virtual program, registration required

Tuesday, April 9th
12:00 - 1:30 OR 8:00 - 9:30
Virtual

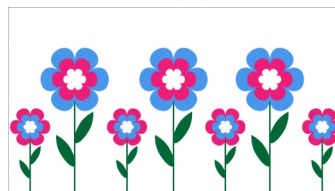
Fear Less Group (6-12 years)

Are you concerned about your child or teens anxiety? Join us virtually in a series of small group sessions once a week, where together we will discuss strategies and tools to support your child in being better able to cope with anxiety. This program For parents/caregivers with children aged 6 –14 years.

Registration Required

Wednesdays, April 17, 24, May 1, 8, 15

7:30-9:00
Virtual



Parent Education & Support

Parenting through school challenges: Navigating school avoidance, school refusal and anxiety

Join us for "Parenting Through School Challenges," a welcoming workshop designed to provide you with strategies and support for navigating your child's struggles with anxiety, school avoidance and school refusal. Discover practical tips and ideas on how to help your kids develop the skills they need to cope with anxiety, make positive connections at school, and learn who you can turn to in our community for support. Supper included, bring the kids along where they can play games and do a fun activity while you attend the workshop. **Registration Required**

Thursday, June 6

6:00-7:30

Boys & Girls Club, 4412 56 St Suite 1

Teens: Social Media, Relationships & Consent

Parent Information Session; come and join us as we learn more about:

- Social Media and healthy relationships
- Consent and Online Sexual Violence
- Setting boundaries & utilizing parental controls
- how to talk to your youth about it all.

Registration Required

Thursday, May 9

6:00—7:30

Virtual

Lunch and Learn Financial Literacy

Join the Camrose Family Resource Centre for lunch time Financial Literacy Sessions. Choose one or all. Register at www.camrosefrc.com. Each topic is a stand alone topic so feel free to take as many as you would like. Please indicate on your registration which sessions you would like to attend. **Registrations Required**

Wednesdays

12:00-1:00 , Virtual

April 10 - Exploring your relationship with money

April 17 - Income & Taxes

April 24 -Budgeting

May 1 -Banking & Financial services

May 8 -Saving

May 15 -Credit & Credit reporting

May 22 -Debt

May 29 -Consumerism

Family Events



Camrose Family Resource Centre invites families to attend an evening of Crafts, Bannock and an interactive presentation!

Join the Wolfe sisters as they walk us through traditional crafts, food and indigenous teachings. We also will be joined by special guest Spirit Healing Drummer Charlie Wolfe

Registration encouraged

Wednesday, June 19

6:00 –7:30

Camrose Family Resource Centre, 4823, 51 St.

Camrose, Beaver & Flagstaff County



Programs for Parents (Available in person or online):

We are here to provide support, information, referrals and programming for families with children 0-18 years. All programs being offered through the Camrose Family Resource Centre are available to all families in Camrose as well as the counties of Camrose, Flagstaff and Beaver.

Follow our community partners for more programs in your communities!

Follow on Facebook for Program Details

Tofield/Beaver County West FCSS

- ⇒ Kids Spot: Tofield Drop-in Playgroup
- ⇒ Hippity Hoppity Easter Party
- ⇒ Riley Teddy Bear Picnic, Drop-in Play



Viking/Beaver FCSS

- ⇒ Bruce Stay & Play Drop-in playgroup
- ⇒ Viking Drop -in playgroup

Bashaw & Area Community Resource Centre

- ⇒ Art-ventures
- ⇒ Drop in play-Bashaw Youth Center

Parents For Fun in Flagstaff - Family Resource Centre

- ⇒ Imagination Station
- ⇒ Baby Steps
- ⇒ Family Support Group
- ⇒ Drop-in Library Groups



Have Questions or looking for additional information call 780 672 0141, or email one of our knowledgeable staff

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