



# Programs at a glance:

Our programs are FREE and are meant for all families with young children (0 to 6 years).  
Older siblings are welcome.

For information or to register for a program please call: 780-478-5396

Check our website [www.kara-frc.ca](http://www.kara-frc.ca) for more detailed program information.

## JANUARY:

- **Collective Kitchen**  
Jan 7 from 12noon to 3pm at KARA
- **Positive Parenting Program (Triple P) Discussion Group**  
Thu Jan 17, 24, 31 and Feb 7 from 1 to 3pm at North Edmonton Christian Fellowship Church
- **Positive Parenting Program (Triple P) Group Cultural Diversity**  
Wed Jan 23 to Mar 20 from 9:30 to 11:30am at KARA-Too
- **Rhymes That Bind**  
Wed Jan 23 to Mar 20 from 6 to 7:30pm at KARA
- **How To Talk So Kids Will Listen**  
Thu Jan 24 to Mar 7 from 6 to 8pm at Beverly Daycare

## FEBRUARY:

- **Collective Kitchen**  
Feb 4 from 12noon to 3pm at KARA.
- **Books for Babies**  
Wed Feb 27 to Mar 20 from 10 to 11am at KARA-Too
- **Literacy & Parenting Skills (LAPS)**  
Thu Feb 5 to Apr 30 from 5:30 to 8:30pm at KARA-Too
- **Positive Discipline**  
Thu Feb 19 to Apr 23 from 9:30 to 11:30am at Dunluce Community Center
- **Super Dads Super Kids (SDSK)**  
Thu Feb 28 to Apr 25 from 6 to 8pm at KARA.

## MARCH:

- **Collective Kitchen**  
Mar 4 from 12noon to 3pm at KARA
- **Kids Have Stress Too**  
Tue Mar 5 to Mar 19 from 1 to 3pm at KARA-Too
- **Positive Parenting Program (Triple P) Seminars**  
Thu from 6:30 to 8:30pm Mar 7, Mar 14, Mar 21 at Fulton Daycare

## APRIL:

- **Collective Kitchen**  
Apr 1 from 12noon to 3pm at KARA
- **Positive Parenting Program (Triple P) Group Stepping Stones**  
Tue Apr 2 to June 4 from 6 to 8pm at Beverly Daycare
- **COPEing With Toddler Behaviour**  
Thu Apr 4 to May 30 from 6:30 to 8:30pm at Fulton Daycare
- **Caring Families**  
Tue, Wed, Thu Apr 16 to Jun 20 from 9am to 3pm at KARA
- **Rhymes That Bind**  
Wed Apr 17 to Jun 19 from 6 to 7:30pm at KARA

## MAY:

- **Collective Kitchen**  
May 6 from 12noon to 3pm at KARA
- **Books for Babies**  
Tue May 7 to May 28 from 10 to 11am at North Edmonton Christian Fellowship Church
- **Nobody's Perfect**  
Wed May 8 to Jun 19 from 9:30 to 11:30am at North Edmonton Christian Fellowship Church
- **Aboriginal Literacy & Parenting Skills (A-LAPS)**  
Thu May 2 to Jun 20 from 5:30 to 8pm at KARA

## JUNE:

- **Collective Kitchen**  
Jun 3 from 12noon to 3pm at KARA



## K A R A

“Kids Are the Responsibility of All”

**Our mission is**  
“to promote the healthy development of children  
by empowering families” in our community

**Our Address:**  
6717 - 132 Avenue  
780 - 478 - 5396  
info@kara-frc.ca  
www.kara-frc.ca

**Office Hours:**  
Mon to Thurs 8:30am to 4pm  
Fri 7:30am to 3pm

KARA receives support from the following funders:

