



February 2019
EARLY CHILDHOOD PROGRAMS

Our programs are parent-child interaction for children 0-6 yrs & FREE of Cost

Kids Night Out– Older siblings welcome & light supper provided
Books for Babies and Rhymes that Bind are registered programs. Contact us to register.

KARA
6717 132 Ave
Edmonton, AB T5C 2A4
Phone: 780-478-5396
Email: info@kara-frc.ca
Website: www.kara-frc.ca

KARA-Too
#108, 5606-134A Ave
Edmonton, AB T5A 2H1
Phone: 780-473-2204

Dunluce Community Centre
#9, 11930 162 Avenue

KARA Family Resource Centre
Phone: 780-478-5396

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 KARA Bowl KARA: 1-3pm 
3 This week's theme is: Space & Science	4	5 Playtime Drop-In KARA-Too: 9:30-11AM	6 Grow With Me KARA-Too: 10-11:30AM Kids Night Out KARA: 6-8PM	7 Creative Play & More KARA: 9:30-11AM Drop-In Fun Dunluce: 9:30-11AM	8	9 Me & My Buddy KARA-Too: 10AM-Noon
10 This week's theme is: Valentines	11 	12 Playtime Drop-In KARA-Too: 9:30-11AM	13 Grow With Me KARA-Too: 10-11:30AM Kids Night Out KARA: 6-8PM	14 Creative Play & More KARA: 9:30-11AM Drop-In Fun Dunluce: 9:30-11AM	15	16
17 This week's theme is: Family	18 Family Day KARA Closed	19 Playtime Drop-In KARA-Too: 9:30-11AM	20 Grow With Me KARA-Too: 10-11:30AM Kids Night Out KARA: 6-8PM Rhymes That Bind KARA: 6-7:30PM	21 Creative Play & More KARA: 9:30-11AM Drop-In Fun Dunluce: 9:30-11AM	22	23 Me & My Buddy KARA-Too: 10AM-Noon
24 This week's theme is: Shapes	25	26 Playtime Drop-In KARA-Too: 9:30-11AM	27 Grow With Me KARA-Too: 10-11:30 AM Books for Babies KARA-Too: 10-11AM Kids Night Out/Rhymes That Bind KARA: 6-8PM	28 Creative Play & More KARA: 9:30-11AM Drop-In Fun Dunluce: 9:30-11AM		

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KARA Bowl



Sport your favourite jersey and bring your kiddos down to the KARA Bowl for some football themed activities and snacks!

When: Saturday, February 2, 2019

Time: 1 to 3PM

To find out more information please call us at **780-478-5396**.



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Cotton Ball Heart Painting

Materials:

1. 8 x 10 white construction paper or white canvas
2. Pre-cut foam or paper heart
3. Double-sided tape or non-permanent adhesive
4. Washable paint in various colours
5. Cotton balls
6. Clothespin
7. Paint tray



How to Make:

1. Stick pre-cut heart to center of canvas with adhesive
2. Pour paint into tray and stick one cotton ball on end of clothespin
3. Dip into paint (one colour per cotton ball)
4. Show your kiddo how to 'dot' paint on the canvas
5. Switch cotton ball for each paint colour
6. When done, gently peel off heart and let dry

Please Note:

Our free drop-in programs are for families with children 0 to 6 years old.
A snack is provided for all drop-ins.

