



# Programs & Services Winter 2022

**We have over 37 years experience promoting the healthy development of children by empowering families in our community!**

**KARA = “Kids Are the Responsibility of All”**

**All  
Programs  
Are  
FREE**

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

# JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><b>KARA will re-open January 4, 2022</b>  <b>Drop-In Programs will resume January 10, 2022</b></p>						1 NEW YEAR'S DAY
2	3 <b>KARA CLOSED</b>	4 KARA OPEN (reg. hours)	5	6	7	8
9	10 Kids Night Out 6:30-7pm via Zoom	11 Zoomtopia 10-10:30am via Zoom  Family Book Club 6:30-7:30pm via Zoom	12 COW Corner 10:30-11:15am via Zoom  Triple P Group 6-8pm via Zoom The Little Warriors Prevent It! 6:00 – 9:00pm via ZOOM	13	14	15 The Hero Club Postponed until further notice.
16	17 Kids Night Out 6:30-7pm via Zoom	18 Zoomtopia 10-10:30am via Zoom  Family Book Club 6:30-7:30pm via Zoom	19 COW Corner 10:30-11:15am via Zoom  Triple P Group 6-8pm via Zoom	20	21	22 The Hero Club Postponed until further notice.
23	24 Kids Night Out 6:30-7pm via Zoom	25 Zoomtopia 10-10:30am via Zoom  Family Book Club 6:30-7:30pm via Zoom	26 COW Corner 10:30-11:15am via Zoom  Triple P Group 6-8pm via Zoom	27	28	29 The Hero Club Postponed until further notice.
30	31 Kids Night Out 6:30-7pm via Zoom					

## ECS PROGRAMS (registered)

### Kids Night Out

This parent-child interaction program is a fun, energetic getaway from everyday routines for families. It promotes the healthy development of children while families spend quality time together. Join KARA for an evening of fun and family time.

For ages 0 to 6 years, older siblings welcome

**Mondays from 6:30-7pm via Zoom** (no session Feb. 21)

**Note:** Curbside pickup of materials will be arranged at time of registration.

### Zoomtopia

This program offers a variety of educational activities that support the healthy development of children. Each month will have 4 sessions with different themes. Come on a wonderful journey with your child of exploring science experiments, sensory crafts, singing songs and listening to stories.

For ages 18 month to 6 years.

**Note:** Curbside pickup of materials will be arranged at time of registration.

**Tuesdays Jan. 11 to Mar. 29, from 10-10:30am via Zoom**

**Family Book Club** (in partnership with the Centre for Family Literacy, funded by ECALA & Government of Alberta)

This engaging program allows participants to develop and strengthen their literacy, numeracy and language skills through interactive and innovative story sharing. This program series offers each family the opportunity to share stories and discover a wide variety of activities and games they can do together as a family. Each family will receive a Family Book Club Kit full of everything they need to bring their story to life! For ages 3 to 6 years.

**Note:** Curbside pickup of materials will be arranged at time of registration.

**Next session will start April 5th.**

**COW Corner** (in partnership with the Centre for Family Literacy, funded by United Way)

Parents and children will explore early literacy, numeracy and language development through songs, activities and interactive story sharing. Each week has a different theme, come and discover which is your favourite!

For ages 0 to 6 years.

**Next session will start April 6th.**

### The Hero Club

Children of all ages benefit from attachment and involvement with the “big people” in their lives. Whether you are a Dad, Grandpa, Uncle or close friend, we want to celebrate the relationship men have with the children in their lives. Join us for this weekly drop-in that invites Dad’s, Grandpa’s, Uncle’s, and more to play, explore and learn together.

For ages 0 to 6 years.

**Postponed until further notice, due to staff shortage.**

### Indigenous Circle

Are you looking for an opportunity that focuses on strengthening the family bond and learning about the Indigenous culture, then this program is for you. Join us and enhance your parenting skills in a positive, effective and enjoyable way. Elders and traditional knowledge keepers will come and speak about the Indigenous culture. There will be opportunities for children to make crafts and food.

For ages 0 to 6 years, older siblings welcome.

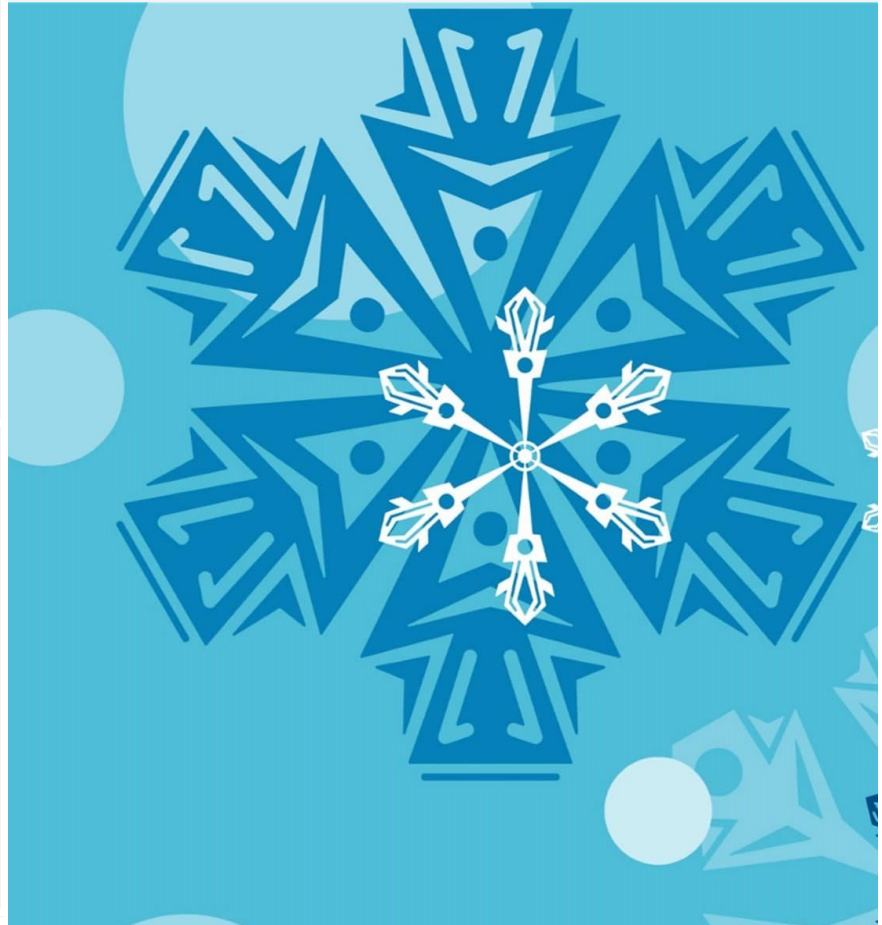
**Thursdays Feb. 3 to Mar. 31 from 6-7:30pm via Zoom**

### Baby Adventure Time!

This exciting program allows infants to experience a variety of activities to support their developmental growth through fine motor, gross motor, sensory/texture, and language development in a fun and safe environment for all. Each week will focus on a new topic and stages of development helpful to parents. All will share tips for baby’s development, along with how and why we use certain materials to support baby’s growth. This is a great program for families to bond and grow.

For ages 0 to 12 month.

**Mondays Mar. 7 to Mar 28 from 10-10:30am via Zoom**



# FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Zoomtopia 10-10:30am via Zoom  Family Book Club 6:30-7:30pm via Zoom	2 COW Corner 10:30-11:15am via Zoom  Triple P Group 6-8pm via Zoom The Little Warriors Prevent It! 6:00 – 9:00pm via ZOOM	3   Indigenous Circle 6-7:30pm via Zoom	4	5
6	7  Kids Night Out 6:30–7pm via Zoom	8 Zoomtopia 10-10:30am via Zoom  Family Book Club 6:30-7:30pm via Zoom	9 COW Corner 10:30-11:15am via Zoom  Triple P Group 6-8pm via Zoom	10   Indigenous Circle 6-7:30pm via Zoom	11	12
13	14 <i>Valentines Day</i>  Kids Night Out 6:30–7pm via Zoom	15 Zoomtopia 10-10:30am via Zoom	16   Triple P Group 6-8pm via Zoom	17   Indigenous Circle 6-7:30pm via Zoom	18	19
20	21 FAMILY DAY  KARA CLOSED	22 Zoomtopia 10-10:30am via Zoom  Family Book Club 6:30-7:30pm via Zoom	23 COW Corner 10:30-11:15am via Zoom  Triple P Group 6-8pm via Zoom	24   Indigenous Circle 6-7:30pm via Zoom	25	26
27	28  Kids Night Out 6:30–7pm via Zoom					

## PARENTING PROGRAMS (registered)

### Triple P Group

This is a group for parents who want to learn more about positive ways of raising children. Parents learn ways to encourage positive behavior and problem solve solutions to deal with children's misbehavior. Participants meet as a group for 8 weeks. The group ends with a celebration of each other's learning and successes.

This is for parents of children 3 to 12 years old.

**Please note:** participants in the group are expected to complete "homework" tasks that give them a chance to practice what they are learning.

**Wednesdays, Jan. 12 to Mar. 2 from 6-8pm via Zoom**

**Note:** Curbside pickup of materials will be arranged at time of registration.

### Community Links for Newcomers various times (calendar of specific sessions coming)

Newcomers to Canada and Edmonton are invited to connect with one another and discover helpful resources they can use to navigate the community. These bi-weekly sessions will focus on topics that address settlement issues relevant to immigrants, refugees and foreign workers. Come on out, meet some new people, share your experiences and connect with the community.

Follow us on [Facebook](#) (@karafr) for updates and check out our [Instagram](#) page.

### Neighborhood Connections various times (calendar of specific sessions coming)

Looking for an opportunity to connect with other parents and learn about services in the community?

These weekly drop-in sessions are for you! Join us each week for a new topic and presenter from the community to help you learn about and access helpful resources for you and your family.

Session topics can include: Local Libraries & Literacy, Advice from a Pharmacist, Co-Parenting, Choosing Quality Child Care, Affordable Housing and more. Sessions also include "chat" time to get to know other parents and build connections. Weekly topics will be posted monthly on our website.

### Prevent It! A little warriors program

This is an interactive workshop designed to educate adults to help prevent and respond to child sexual abuse through improving attitudes, knowledge and behaviour of workshop participants. This workshop is unique in Canada and was developed using research-informed methods and evaluated with scientific rigour. During the workshop adults will learn to take action to help prevent and respond to child sexual abuse using the following steps: Study, Talk, Observe, Prepare for Action.

**1st Session:**  
**Wednesday, January 12, 2022 from 6 to 9pm via ZOOM**

**2nd Session:**  
**Wednesday, February 2, 2022 from 6 to 9pm via ZOOM**  
The content will be the same as the 1st session, however it will be given through an indigenous perspective.



# MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Zoomtopia 10-10:30am via Zoom  Family Book Club 6:30-7:30pm via Zoom	2 COW Corner 10:30-11:15am via Zoom  Triple P Group 6-8pm via Zoom	3   Indigenous Circle 6-7:30pm via Zoom	4	5
6	7 Baby Adventure Time! 10-10:30am via Zoom  Kids Night Out 6:30-7pm via Zoom	8 Zoomtopia 10-10:30am via Zoom  Family Book Club 6:30-7:30pm via Zoom	9 COW Corner 10:30-11:15am via Zoom	10   Indigenous Circle 6-7:30pm via Zoom	11	12
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27	28 Baby Adventure Time! 10-10:30am via Zoom  Kids Night Out 6:30-7pm via Zoom	29 Zoomtopia 10-10:30am via Zoom	30 COW Corner 10:30-11:15am via Zoom	31   Indigenous Circle 6-7:30pm via Zoom		

KARA provides free educational programming, groups, and events designed to create positive outcomes for children and their families throughout the Edmonton area.

We are currently closed for in-person services during the COVID-19 Pandemic. Check our website regularly for updates on changes protocols and procedures and in-person service delivery.








**Stay informed on our COVID-19 updates and check out detailed info on the programs below by visiting our website: [www.kara-frc.ca](http://www.kara-frc.ca)**

To register for programs call 780-478-5396 or email [reception@kara-frc.ca](mailto:reception@kara-frc.ca)

Follow us on [Facebook](#) (@karafrfc) for updates and check out our [Instagram](#) page.

**Note: Program materials needed will be distributed via curbside pickup.**

## PROGRAM LEGEND

-  Kids Night Out via ZOOM or at #108, 5606 - 134A Avenue NW Buzzer 2204
-  Indigenous Circle via ZOOM or at #108, 5606 - 134A Avenue NW Buzzer 2204
-  The Hero Club via ZOOM
-  Cow Corner via ZOOM
-  Zoomtopia via ZOOM
-  Family Book Club via ZOOM
-  Baby Adventure Time! via ZOOM