



JUNE 2022 EARLY CHILDHOOD PROGRAMS

We are open for limited in-person services. There are limited spots for in person programs available. Check calendar below.
 To reserve your spot call 780-478-5396 or email reception@kara-frc.ca - Follow us on [Facebook](https://www.facebook.com/karafrcc) (@karafrcc)

Website: www.kara-frc.ca

KARA-Main 6717 - 132 Avenue

KARA-Too #108, 5606 - 134A Avenue (Buzzer 2204)

Email: info@kara-frc.ca

YMCA Castel downs 11510 - 153 Avenue

Dunluce Tenant Centre #9, 11930 - 162 Avenue

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 Baby Adventure Time! 10 - 11am at KARA & KARA-Too Toddler Adventure Time! 10-11 at KARA COW Corner (full) 10:30 - 11:15am via ZOOM Kids Night In via Zoom 6:30 - 7pm	2 Little Chefs 10-10:30am at Kara-Too/zoom MunchMAKERS 2:30 - 4pm at Dunluce Indigenous Circle 6 - 7pm on Zoom	3 Kids Morning Out 9:30 - 11am at KARA-Too Mother Goose and More 9:30 - 11am at YMCA	4	
5	6 MotherGoose on the Loose 10 - 11am at KARA	7 Zoomtopia 10 - 10:30am via Zoom After School Adventures 3 - 4:30pm at Dunluce	8 Baby Adventure Time! 10 - 11am at KARA & KARA-Too Toddler Adventure Time! 10-11 at KARA COW Corner (full) 10:30 - 11:15am via ZOOM Kids Night In via Zoom 6:30 - 7pm	9 Little Chefs 10-10:30am at Kara-Too/zoom MunchMAKERS 2:30 - 4pm at Dunluce Indigenous Circle 6 - 7pm on Zoom	10 Kids Morning Out 9:30 - 11am at KARA-Too Mother Goose and More 9:30 - 11am at YMCA	11	
12	13 MotherGoose on the Loose 10 - 11am at KARA	14 Zoomtopia 10 - 10:30am via Zoom After School Adventures 3 - 4:30pm at Dunluce	15 Baby Adventure Time! 10 - 11am at KARA & KARA-Too Toddler Adventure Time! 10-11 at KARA COW Corner (full) 10:30 - 11:15am via ZOOM Kids Night In via Zoom 6:30 - 7pm	16 Little Chefs 10-10:30am at Kara-Too/zoom MunchMAKERS 2:30 - 4pm at Dunluce Indigenous Circle 6 - 7pm on Zoom	17 Kids Morning Out 9:30 - 11am at KARA-Too Mother Goose and More 9:30 - 11am at YMCA	18	
19	20 MotherGoose on the Loose 10 - 11am at KARA	21 Zoomtopia 10 - 10:30am After School Adventures 3 - 4:30pm at Dunluce	<p>SPECIAL EVENT at KARA</p>	22 Baby Adventure Time! 10 - 11am at KARA & KARA-Too Toddler Adventure Time! 10-11 at KARA COW Corner (full) 10:30 - 11:15am via ZOOM Kids Night In via Zoom 6:30 - 7pm	23	24 Kids Morning Out 9:30 - 11am at KARA-Too Mother Goose and More 9:30 - 11am at YMCA	25
26	27	28	29	30			



**Celebrate Indigenous Peoples Day
with KARA Family Resource Centre**

June 21st 5:30pm-7:00pm at KARA

Learn about the Cultural Significance of the Talking Stick and join in with our Story Circle to enjoy the book "The Circle of Caring and Sharing" with the children. Afterwards children will have an opportunity to create their own Talking Stick with their caregiver.

A special snack will be served **Everyone Welcome!**

Please rsvp to assist our planning



Lunch and Learn

Come and connect with others while learning positive parenting strategies!

*Lunch & Childcare Provided!

Wednesdays 11:30-1:00pm
@KARA Family Resource Centre
Register @: 780-478-5396



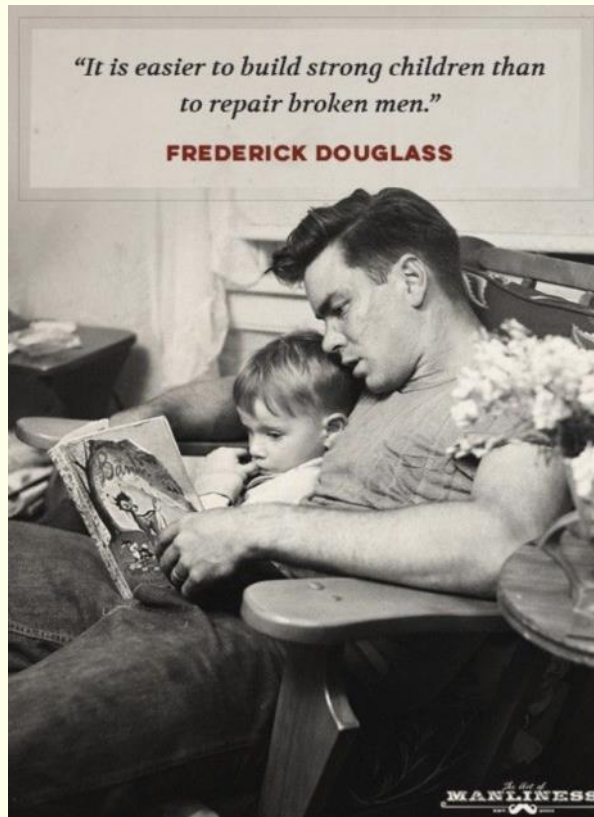
"Speak to your children as if they are the wisest, kindest, most beautiful and magical humans on earth, for what they believe is what they will become."

- Brooke hampton



To All Those Filling the Role of "DAD" ...

We recognize and appreciate you for the difference you make!!



JOIN US IN THE COMMUNITY!!!

KARA is pleased to offer programs at the following community locations:

DUNLUCE Centre

#9, 11930-162 Ave.

- Afterschool Adventures
- MunchMAKERS

Castledowns YMCA

11510-153 Ave.

- MotherGoose & More



We are so EXCITED for our upcoming summer programs..

MORE TO COME!!!

- Triple P at the Park
- Baby Move n' Groove
- WONDERful Wednesdays
- Nature Nuts
- Popsicles in the Park
- KARA Roaming PlayTroupe
- Story Circle
- Ready, Set, Go!
- Mother Goose & More
- Lunch & Learn
- Fieldtrip Fun at KARA
- Mindful Minis

Details:

