

Spring Programs

AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Little VanGogh - Indigenous Artists! 0-6yrs 9:30am-10:30am April 8-May 13 at YMCA Castle Downs *Parented</p> <p>Little Gardeners 0-6yrs 9:30am-10:30am May 27 - June 17 at YMCA Castle Downs *Parented</p> <p>Check out our virtual clubs! www.youtube.com/@karafrfc Nature Discovery Time, Ms. Sara's Mindful Moments, Ms. Maresa's Where the Wild Things Are.</p> <p>Triple- P Online Parent Education 6pm-8pm April 8 - June 10 Break May 20 Online</p>	<p>Bright Minds Adventures 2.5-6yrs 9:30am-11:30am April 9 - June 13 Break April 16 At KARA</p> <p>Parenting with Purpose 9:30am-11:30am April 9 - June 13 Break: April 16 At KARA</p> <p>Afterschool Adventures 6-12yrs 3:30pm-5:00pm April 9 - June 11 Break April 16 at Dunluce</p> <p>Family Book Club Online With Centre for Family Literacy 3-6yrs April 16 - June 18 6:15pm-7:00pm Online</p>	<p>Let's Pamper You! Expecting Moms April 10-June 12 Break: April 24 & May 1 1:00pm-3:00pm At KARA</p> <p>Books & Bites 0-6yrs 1:00pm-2:00pm April 10 - June 12 at KARA-Too *Parented</p> <p style="text-align: center;">Wellness Wednesday Family Evening April 17-May 22 5pm-7pm Dinner at 5pm At KARA</p> <p>You're a Great Dad! Caregivers</p> <p>Moms Night Out Caregivers</p> <p>Kimochi Kids 2.5-6yrs</p> <p>Rising Stars Leaders in Training 6-10yrs</p>	<p>Bright Minds Adventures 2.5-6yrs 9:30am-11:30am April 9 - June 13 Break April 16 At KARA</p> <p>Parenting with Purpose 9:30am-11:30am April 9 - June 13 Break: April 16 At KARA</p> <p>Rhymes that Bind 0-3yrs 10:30am-11:00am April 18 - June 20 Online</p> <p>Afterschool Adventures 6-12yrs 2:30pm-4:30pm April 11 - June 13 at Dunluce</p> <p>Kids in the Kitchen 6-12yrs 2:45pm-4:30pm April 11 - June 13 At KARA</p>	<p>COW Corner 0-6yrs 9:30am-11am April 19 - June 21 at YMCA Castle Downs *Parented</p> <p>Books & Bites 0-6yrs 10am-11am April 19- June 7, Break May 10 & May 31 at Dunluce *Parented</p> <p>Little Steps, Big Leaps: Building Resiliency 0-6yrs 10am-11am April 19- June 7, Break May 10 & May 31 at KARA-Too *Parented</p> <p>Connect with our Family Navigator! Email: maria@kara-frc.ca Phone: 587-525-7279</p>

Please refer to the rest of our program guide for a detailed description of the programs.

All our programs are FREE to the public.