



**St. Albert Family
Resource Centre**
GROWING STRONG TOGETHER

Fall Program Guide



September - October 2026



**St. Albert Family
Resource Centre**
GROWING STRONG TOGETHER

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Hello & *welcome*



SAFRC Is Switching To WildApricot!

Welcome to WildApricot!

We're excited to introduce our new registration platform, WildApricot!

To better serve our families and streamline registration, the St. Albert Family Resource Centre has transitioned from Eventbrite and Local to WildApricot. This new system will provide a simpler, more convenient experience for registering for programs, managing memberships, and staying connected with us.

What's New?

With WildApricot, you can:

- Register for programs in one convenient place.
- Purchase and renew your annual membership.
- View your upcoming registrations.
- Update your family's contact information anytime.
- Enjoy a more streamlined registration experience.

Getting Started

1. Visit our website or download the WildApricot App and click Register on any program.
2. Sign in using your email address or create a new account if you're visiting for the first time.
3. Purchase or renew your annual membership (if required).
4. Register for your favourite programs!

Already a Member?

If you've previously had a membership with us, you may receive an email inviting you to activate your account. Simply follow the instructions to create your password and access your member profile.

Need Help?

We know learning a new system can take a little time, and we're here to help! If you have questions about creating your account, renewing your membership, or registering for programs, please don't hesitate to contact our team.

📞 780-459-7377

✉ recpt@stalbertfrfc.ca

Thank you for your patience and support as we make this exciting transition. We look forward to continuing to connect your family with the programs and services you know and love.

Infant & Child

PROGRAMS FOR CAREGIVERS & CHILDREN AGES 0-6 YEARS

PLAYTIME (Drop In)

- Mondays: September 14, 2026 – October 19, 2026
- Fridays: September 18 – October 16 (No class Oct. 12)
- 9:30am - 11:30am
- Facilitator: Meagan & Kaylan



**Ages
0 - 5 Years**

Tiny Beginnings

The first six months of your baby's life are filled with incredible change for both of you. Tiny Beginnings: The First Six is a nurturing program designed especially for parents and their infants aged 0–6 months.

- Mondays, September 14, 2026 & September 21, 2026 (2 classes) **AND**
Mondays October 5, 2026 & October 19, 2026 (2 classes)
- 1:30pm - 2:30pm
- Facilitator: Meagan



**Ages
0 - 6 months**

Barnyard Baby

This parent and baby group is a wonderful opportunity to meet new friends while enjoying songs, stories, and playful experiences together. Each week, we'll explore the magic of fall and life on the farm through hands-on sensory activities, creative art projects, and interactive play.

- Tuesdays September 15, 2026 & September 22, 2026 (2 classes)
- 10:00am - 11:00am **OR** 1:30pm - 2:30pm
- Facilitator: Meagan

**Ages
6 - 18 months**

Pumpkin Fun & Autumn Sun

Join your little one for a cozy autumn adventure! Together, caregivers and children will explore the magic of the season through pumpkins, vibrant fall colours, and plenty of seasonal fun.

- Tuesdays September 15, 2026 & September 22, 2026 (2 classes) **OR** Wednesdays
September 16, 2026 & September 23, 2026 (2 classes)
- 10:00am - 11:00pm
- Facilitator: Kaylan



**Ages
18 months
- 3 years**

Storytime Adventure

Inspire a lifelong love of reading! Together, we'll bring favorite stories to life through crafts, games, dramatic play, and imaginative activities.

- Thursdays September 17, 2026 & September 24, 2026 (2 classes)
- 10:00am - 11:00am
- Facilitator: Tanya



**Ages
2.5 - 5 years**



Infant & Child

PROGRAMS FOR CAREGIVERS & CHILDREN AGES 0-6 YEARS

Peek-a-Boo Baby Spiders, monsters, and ghosts, oh my! Get into the Halloween spirit with songs, spooky crafts, stories, and ooey-goey sensory play. - Tuesdays October 6, 2026 - October 20, 2026 (3 classes) 10:00am - 11:00am OR 1:30pm - 2:30pm - Facilitator: Meagan 	Ages 6 - 18 months
Monday Marvels Each week, families will explore a new theme through interactive activities, sensory play, movement games, stories, songs, crafts, and imaginative adventures. - Mondays September 14, 2026 & September 21, 2026 (2 classes) OR Mondays October 5, 2026 & October 19, 2026 1:30pm - 2:30pm - Facilitator: Kaylan 	Ages 2.5 - 4 years
Trick, Treats & Tiny Feet Are you ready for a Spooktacular adventure? Grab your little ghoul or goblin and join us for a Halloween celebration filled with songs, stories, spooky crafts, sensory play, and festive fun. - Tuesdays October 6, 2026 - October 20, 2026 (3 classes) OR Wednesdays October 7, 2026 - October 21, 2026 (3 classes) 10:00am - 11:00pm - Facilitator: Kaylan 	Ages 18 months - 3 years
DIY With You & I Join us for this fun and affordable DIY class. Create a variety of unique projects to take home or gift. - Thursdays October 8, 2026 - October 22, 2026 (3 classes) 10:00am - 11:00am - Facilitator: Allie 	Ages 3 - 5 years



Early Childhood Requirements:

- Children attending Discover & Learn, must be in the process of being potty-trained, and must wear a pull-up style diaper (unless fully trained), due to sanitation concerns. Our staff will still encourage children to use the washroom. If you require any tips and strategies to accelerate the toilet training milestone, our family support team will be happy to assist you.
- Children 3 and over, who are registering for any other un-parented program, must be toilet- trained.
- Parents are strongly encouraged to participate in our parented programs prior to registering their child for an un-parented program.

Children's Programs

PROGRAMS FOR CHILDREN AGES 2.5 -6 YEARS

Discover & Learn

Spark curiosity through hands-on play, exploration, and early learning experiences.

September 17: Apples

September 24: Leaves

October 8: Farm Friends

October 15: Monsters & Spiders, Oh My!

October 22: Hocus Pocus

Please note: You may register for two weeks per month so all of our families have a chance to get in. Place your name on our waiting list to contact if spaces become available



**Ages
2.5 - 5 years**

Fall Trees & Crunch Leaves

Join Miss Allie for a magical exploration of the changing seasons and all that autumn has to offer

- Mondays September 14, 2026 & September 21, 2026 (2 classes)
- 1:30pm - 3:30pm
- Facilitator: Allie



**Ages
4 - 6 years**

Allie's Artists

This class will have your little one connecting with his or her creative side! Miss Allie will incorporate hands-on art activities that will have your child gushing with pride.

- Tuesdays September 15, 2026 & September 22, 2026 (2 classes)
- 9:30am - 11:30am
- Facilitator: Allie



**Ages
3 - 5 years**

Autumn Journeys

Join us as we set off on an autumn adventure filled with discovery, creativity, and fun! Children will explore the changing season through nature-inspired play, hands-on activities, stories, crafts, and outdoor exploration.

- Tuesdays September 15, 2026 & September 22, 2026 (2 classes)
- 1:30pm - 3:30pm
- Facilitator: Kaylan



**Ages
3 - 5 years**

Wednesday Wonders

Come join us on an exciting adventure as we explore the wonders of the world around us through a play-based approach.

- Wednesdays September 16, 2026 & September 23, 2026 (2 classes)
- Wednesdays October 7, 2026 - October 21, 2026 (3 classes)
- 1:30pm - 3:30pm
- Facilitator: Meagan



**Ages
3 - 6 years**

Fallin' Apples

Join Miss Allie for a bushel of fun learning about apples through engaging stories, fall activities and crafts!

- Thursdays September 17, 2026 & September 24, 2026 (2 classes)
- 9:30am - 11:30am
- Facilitator: Allie



**Ages
4 - 6 years**

Children's Programs

PROGRAMS FOR CHILDREN AGES 2.5 -6 YEARS

Funtastic Friday

End the week with a mixed bag of fun! Join us for an exciting themed morning filled with laughter, imagination, and discovery. Each class brings a new adventure with age-appropriate activities, designed to inspire curiosity and creativity. Choose one class that sparks your interest or register for them all and enjoy a whole season of adventure!

- Friday September 18 (*Fabulous Fall*)
- Friday September 25 (*Forest Friends*)
- Friday October 9 (*Scarecrows*)
- Friday October 26 (*We're Going on a Ghost Hunt*)

- Individual Classes
- 9:30am - 11:30am
- Facilitator: Tanya



**Ages
3 - 6 years**

Seeds To Sunflowers

Let's learn about sunflowers from seeds to full bloom by exploring its wondrous life cycle. Through science, sensory, art and more, your child will learn all the amazing facts of what makes a sunflower special.

- Mondays October 5, 2026 & October 19, 2026 (2 classes)
- 1:30pm - 3:30pm
- Facilitator: Allie



**Ages
4-6 years**

Pumpkin Patch

Prance around the pumpkin patch and explore the best that autumn has to offer. Engage in singing, dancing and crafts. Who knew pumpkins could offer SO MUCH FUN?!

- Tuesdays October 6, 2026 - October 20, 2026 (3 classes)
- 9:30am - 11:30am
- Facilitator: Allie



**Ages
3 - 5 years**

Little Boos & Autumn Hues

Step into a world of pumpkins, playful ghosts, and vibrant autumn colours! Children will explore the magic of fall and Halloween through creative play, storytelling, and hands-on discovery

- Tuesdays October 6, 2026 - October 20, 2026 (3 classes)
- 1:30pm - 3:30pm
- Facilitator: Kaylan



**Ages
3 - 5 years**

Magnificent Makers

Let's make magnificent things together! Children will explore their creativity through a variety of art experiences designed to inspire imagination and self-expression.

- Thursdays October 8, 2026 - October 22, 2026 (3 classes)
- 9:30am - 11:30am
- Facilitator: Tanya



**Ages
4 - 6 years**



Children's Programs

PROGRAMS FOR AGES 6 - 12

Magic Of Storytelling

Unlock the magic of storytelling! Children ages 6–9 will dive into the world of imagination as they explore the art of creating and sharing stories.

- Wednesdays September 16, 2026 & September 23, 2026 (2 classes)
- 6:00pm - 7:30pm
- Facilitator: TBD



Ages 6 - 9 years

Magical Mayhem

Get ready for magical mayhem! Step into a world of spells, surprises, and imagination as we explore the wonders of magic and mystery.

- Thursdays September 17, 2026 & September 24, 2026 (2 classes)
- 6:00pm - 7:30pm
- Facilitator: TBD



Ages 10 - 12 years

Tricks & Treats

Tricks & Treats is all about Halloween fun! If your child loves everything spooky and sweet, this is the perfect program to celebrate the magic of Halloween all year long

- Wednesdays October 7, 2026 - October 21, 2026 (3 classes)
OR Thursdays October 8th 2026 - October 22, 2026 (3 classes)
- 6:00pm - 7:30pm
- Facilitator: TBD



**Wednesdays
Ages 6-9 years**

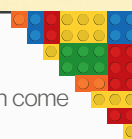
**Thursdays
Ages 10 - 12 years**

PD DAYS

Lost In Lego

Ready to get lost in LEGO? Join us for a LEGO-filled adventure where creativity, challenges, and fun come together!

- Friday September 18, 2026 (Catholic PD Day)
- Monday September 21, 2026 (Public PD Day)
- 9:30am - 3:30pm
- Facilitator: TBD



Ages 6 - 12 years

Celebrate Dia De Los Muertoos

Celebrate the vibrant traditions of Día de los Muertos! Children will learn about this meaningful Mexican holiday that honours and celebrates loved ones who have passed away.

- Monday October 19, 2026 (Catholic PD Day)
- Monday October 19, 2026 (Public PD Day)
- 9:30am - 3:30pm
- Facilitator: TBD



Ages 6 - 12 years

Youth & Teen Programs

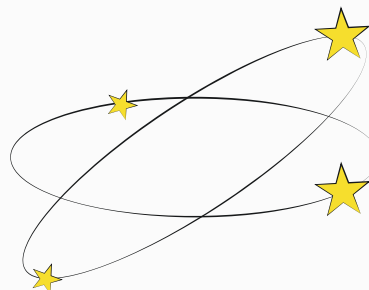
PROGRAMS FOR AGES 12-24

Expressive Outlets

The early teen years bring many changes, emotions, and new experiences.

Expressive outlets encourage youth to explore their hobbies and interests, express their thoughts and feelings in healthy ways, build self-confidence, and discover new passions while developing their unique strengths.

- Tuesday, September 22, 2026
- Tuesday, October 6, 2026
- Tuesday, October 20, 2026
- Tuesday, November 3, 2026
- Tuesday, November 17, 2026
- Tuesday, December 1, 2026
- 4:30-6:30pm
- Facilitator: TBD



**Ages
12 - 15 years**

Honouring Me, A Wellness Journey

Join us for a 6-week journey focused on building healthy self-care practices for your mind, body, emotions, and spirit. Through interactive activities, group discussions, and personal reflection, participants will explore stress management, emotional wellness, healthy habits, self-awareness, and personal growth in a supportive environment.

- Thursdays September 17, 2026 - **Location: La Crema Cafe**
- October 22, 2026 (6 classes)
- 1:00- 3:00pm
- Facilitator: Kikosewin



**Ages
19 - 24 years**

Pathways To Culture

Join us in a 6-week program learning beading, leather working, crafts, sewing, and much more. We celebrate Indigenous Cultural Teachings such as Smudging, Medicine Protocol & Tobacco Ties. See you there!

- Thursdays September 17, 2026 - **Location: St. Albert Family Resource Centre**
- October 22, 2026 (6 classes)
- 4:30pm - 6:00pm
- Facilitator: Kikosewin



**Ages
16 - 18 years**

Making Cents Of Life

Money is more than numbers—it's about making choices that reflect your values and support your future. Through an Indigenous lens, youth will explore budgeting, saving, and financial wellness while learning about balance, community, and planning for the next generations.



- Saturdays September 19, October 3, October 17, November 7, November 21, December 5, 2026
- 12 -2pm
- **Location: St. Albert Place**
- Facilitator: Kikosewin

**Ages
18 - 24 years**

Wisdom In The Kitchen

Come learn some cooking skills with the St. Albert FRC and Kikosewin FRN.

- Tuesdays September 15, September 29, October 13, October 27, November 10, November 24
- 4:30 - 6:30pm
- Facilitator: Kikosewin
- **Location: St. Albert Family Resource Centre**



**Ages
12- 15 years**



Adult/Caregiver Programs

Coffee & Connections

Connect, share, and build community together! This program offers parents and caregivers a welcoming space to build social connections, share experiences, and talk openly about the joys and challenges of parenting. Enjoy a cup of coffee while engaging in meaningful conversations, exploring parenting topics, and connecting with others who understand the journey.

** Please note: An unparented program for ages 3–6 years is offered at the same time, allowing children to enjoy their own age-appropriate experience while caregivers attend this program. **

- Wednesdays September 16, 2026 & September 23, 2026 (2 classes)
- Wednesdays October 7, 2026 - October 21, 2026 (3 classes)
- 2:00pm - 3:00pm
- Facilitator: Tanya



Emotion Coaching

Emotions are a natural part of life. Everything we do and everything we learn is influenced, in some way, by the way we feel. While emotions are a normal part of being human, children need guidance to understand and manage them. How do children learn to recognize feelings like sadness, joy, fear, or anger? How do they learn what appropriate behaviour looks like when emotions become overwhelming? What can parents do when a child has an angry outburst or withdraws in fear?

Taking time to help children learn to understand their feeling is important too. Emotion Coaching is a parenting approach that helps children recognize, understand, and regulate their feelings.

** Please note: An unparented program for ages 3–6 years is offered at the same time, allowing children to enjoy their own age-appropriate experience while caregivers attend this program*

- Wednesday September 23, 2026
- 1:30pm - 3:30pm
- Facilitator: Maryann



Anxiety In Children

Supporting your child through anxiety. Anxiety is a common concern for many children, and parents play an important role in helping their child navigate big feelings. This program will provide parents and caregivers with practical strategies and tools to recognize signs of anxiety, understand what their child may be experiencing, and learn ways to have supportive conversations. Through guided discussions, participants will explore strategies to build confidence, recognize their child's strengths, and provide meaningful support at home.

** Please note: An unparented program for ages 3–6 years is offered at the same time, allowing children to enjoy their own age-appropriate experience while caregivers attend this program. **

- Wednesday October 14, 2026
- 1:30pm - 3:30pm
- Facilitator: Terri Skinner



The Fourth Trimester

The Fourth Trimester is a warm, supportive group for new parents adjusting to the emotional and mental changes of early parenthood. Through guided discussion and educational activities, participants explore self-compassion, personal well-being, social media, changing relationships, and healthy boundaries. Welcoming a baby brings a significant learning curve, along with rewarding, overwhelming, and confusing experiences. Through shared conversations, parents connect with others in a similar season, normalize common challenges, and build community. The group offers a safe space to discuss the messy, beautiful, and exhausting realities of caring for a baby while adapting to a new identity and family dynamic. This is an educational and supportive group, not a therapy group.

This program is facilitated in Partnership with Hannah Miller with Evolution Psychology and St. Albert Family Resource Centre.

- September 17th (every second week) ending December 10, 2026
- 1:30pm - 3:30pm
- Facilitator: Brittany Rice (St. Albert Family Resource Centre) and Hannah Miller (Evolution Psychology)



Teen Wellness Group



teen wellness group

Offered in partnership with:

St. Albert Family Resource Centre & St. Albert Community Foundation

6 Week program
Thursdays, 6:30-8:30
October 1 - November 5, 2026

Text/Call: 780-460-0022
Email: info@riversedgecounselling.com

rivers edge
COUNSELLING CENTRE



The Teen Wellness Group is a supportive, skills-based program for youth ages 14–16 who are experiencing stress, anxiety, emotional challenges, or major life changes. Through guided activities and discussion, teens will build coping skills, emotional regulation, healthy communication, and meaningful peer connections in a safe, facilitated environment.

Before registering:

This program is suitable for youth who can participate respectfully in a small group setting.

This program is not intended for youth in crisis or requiring intensive one-on-one support.

Parent/guardian consent is required prior to participation.

Scan the QR code above to learn more, review eligibility, and complete the registration process.



You're Invited!
BOO BASH 2026

Date: Friday, October 30th

Time: 10:00am - 1:00pm

Location: St. Albert Family Resource Centre

Tickets: Donation to St. Albert Food Bank & Community Village

Ages: 0 - 5 years

JOIN US FOR AN AFTERNOON OF FAMILY-FRIENDLY HALLOWEEN FUN! DRESS UP IN YOUR FAVOURITE COSTUME AND ENJOY GAMES, ACTIVITIES, ENTERTAINMENT, TREATS, AND MORE.



St. Albert Family
Resource Centre



ST. ALBERT FAMILY RESOURCE CENTRE
PRESENTS

Screamfest

A HAUNTED HOUSE FOR TEENS

*GATHER YOUR CREW. FACE YOUR FEARS. SURVIVE THE
NIGHT.*

**WEDNESDAY
OCTOBER 28**

OPEN FROM
5:00PM - 7:00PM

WARNING: WILL INCLUDE JUMP SCARES

TICKET: FREE

For more information

EMAIL: RECPT@STALBERTFRC.CA

PHONE: 780 459 7377



National Day for Truth and Reconciliation

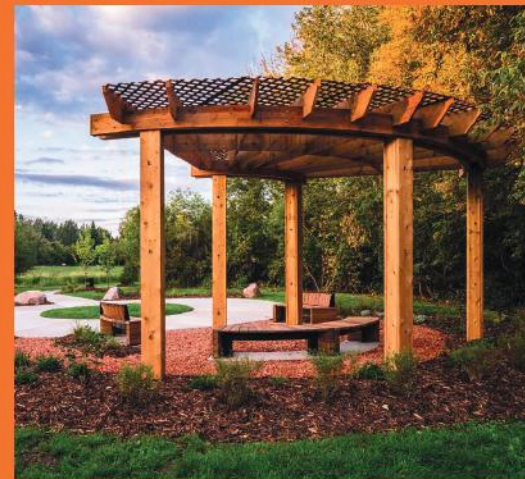


September 30 | 12 to 4 p.m.
Mission Park (15 Mission Ave, St. Albert)
Open to the Public

Join us at Mission Park to honour and remember the children taken from their families, those who never returned home, and the individuals, families and communities still living with the impacts caused by the residential school system.

Featuring:

- Honour walk
- Guest Speakers & Performers
- Indigenous Artisans
- Food Vendors
- Exhibits
- Hear our Voices: Michel People and Residential Schools



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St. Albert
Public
Library



St. Albert Family
Resource Centre
GROWING STRONG TOGETHER

arts and heritage
ST ALBERT

Meet the Team



Program Team

Our Programs Team brings learning, connection, and fun to families in our community. They plan and deliver a wide range of programs, workshops, and events for children, youth, parents, and caregivers, creating welcoming opportunities for families to learn, grow, and connect.



Operations Team

Our Operations Team keeps SAFRC running behind the scenes. From administration and finance to communications, facilities, volunteers, and organizational support, this team helps create the foundation that allows our programs and services to thrive.



Family Support

Our Family Support Team works alongside families through the everyday challenges and transitions of family life. Through individual support, education, resources, referrals, and connection to community services, they help families feel supported, informed, and empowered.

Frequently Asked Questions

Do I need a membership to register for programs?

Yes. An annual family membership is required to register for most programs and can be purchased online. Memberships are open to everyone—not just St. Albert residents.

Who can participate in SAFRC programs?

Our programs are open to families from St. Albert and surrounding communities. We offer programs for young children, youth, parents, caregivers, and families.

How do I register for a program?

Visit our online registration calendar, select the program you'd like to attend, click the registration link in the program description, and follow the prompts to complete your registration.

How do I know if I'm registered?

Once your registration is complete, you'll receive a confirmation email with your program details.

Are your programs free?

Many of our programs are free, while others have a registration fee. Any applicable fees are listed in the program description.

What if a program is full?

If a waitlist is available, we encourage you to join it. We will contact you if a space becomes available.

Can I bring my child if they are feeling unwell?

To help keep everyone healthy, please stay home if you or your child are experiencing symptoms of illness.

What should I bring to my program?

Any special items will be listed in the program description or shared with you before the program begins.

Can I cancel my registration?

Yes. If you're unable to attend, please cancel as soon as possible so another family can take your spot.

Do you offer financial assistance?

If program fees are a barrier, please contact our office. We are happy to discuss available options.

Do you offer one-on-one family support?

Yes! In addition to our programs, we offer free family support services, including parent coaching, developmental screenings, home visitation, and referrals to community resources.

How can I stay up to date on new programs?

Subscribe to our newsletter and follow us on social media for program announcements, events, and registration updates.

Help us make a difference



When you support the St. Albert Family Resource Centre, you're investing in local families. Every donation helps provide opportunities for children to learn through play, parents to build confidence, caregivers to find support, and families to create meaningful connections within our community.

Your generosity allows us to continue offering high-quality programs, family support services, and welcoming spaces where everyone feels they belong. Together, we can ensure that every family has the opportunity to grow, connect, and thrive.

Thank you for being part of our community and for helping us make a lasting impact in the lives of local families.

Donate here → <https://www.stalbertfrc.ca/donate>

