



Fall Newsletter

September - December 2025

Explore our latest newsletter for a lineup of programs including registration details, drop-in programs, parent education opportunities, navigation support, developmental screenings, and much more!

To register for programs go to www.camrosefrc.com

Regular Hours

Office:

Monday -Thursday, 9:00am-4:00pm
(closed for lunch 12:00-1:00pm)
Friday, 9:00am-12:00pm

Indoor Playground

Tuesday & Thursdays, 10:00am-2:00pm
Thursday evenings, 5:30-7:30

Christmas is coming!!! 🎅 or Welcome to Fall!? 🍂

Its hard to do this Fall Newsletter, that also includes programs for Christmas. That seems unreal. There is a lot to do in the Fall and Winter in Camrose, and we are here to help you with some fun things to do. Also, watch our Facebook and Instagram page for other activities that may pop up over the next couple of months.

Our Indoor Playground now runs Tuesdays and Thursdays from 10:00am-2:00pm, so come on in and join us for connection, play, and fun.

Have questions? Reach out to the Centre, we're happy to help

Are you curious about your child's development? Ages & Stages Questionnaires

For children up to age 6, the ASQ-3 and ASQ-SE2 provides parents with a developmental snapshot of their child. Parents fill out the screen and then they are followed up by one of our staff.

Get started today by visiting our website www.camrosefrc.com or by scanning the QR code on the right.



ASQ-3



ASQ-SE

Kid Kits

For families with children from birth to 5 years old. Kits are tailored to foster your child's development. Simply reach out to our friendly staff to learn more or to request a Kid Kit.

Call 780-672-0141 to book a one-on-one session, or reach out to a team member.



Family Programs

Indoor Playground Drop In Time (Families with Children up to 12 years of age)

Join us for resource sharing, free play, crafts and sensory experiences and a chance to connect.

No registration required

Tuesdays & Thursdays

September 9 - December 16

10:00am-2:00pm

Camrose Family Resource Centre, 4823-51 St.

Parent Tot Time (Ball Time)

Free play, drop in time; every week day.
Provided by the City of Camrose.

Field House, 4516-54 St.

Watch the City website
for dates and times



Curious Cuties Connection (0-1 years)

Starting October 3, parents and caregivers of infants in their first year, join us on Fridays for a chance to connect and play in a safe supportive space for interaction and learning. Guest speakers will be brought in as requested by you the families!

Registration Recommended.

Friday, October 2 - December 12

9:30 - 11:00

Camrose Family Resource Centre, 4823-51 St

Lunch Bunch (Families with children 2 and up)

Children 2 and up, bring your parents to the Camrose Family Resource Centre, where we will make a light lunch together and spend some time to explore the playground.

Registration Required by September 8th

Monday, September 15, 22, 29 and October 6
11:30am-1:00pm

Camrose Family Resource Centre, 4823-51 St

Wednesday Morning Drop In (Field House)

Join us for community connection and engagement with your child as they strengthen their movement & motor skills with active play. Stay for songs, stories & games.

Drop In, no registration required.

Wednesdays, 10:00-11:00am

September 17-December 17

Field House, 4516-54 St.

EVENING Indoor Playground (0-12 years)

Join us Thursday evenings! No registration required. Starting September 18th

Thursdays, 5:30-7:30pm

Camrose Family Resource Centre, 4823-51 ST

Baby Talk (0-2 years)

Drop-in to the Camrose Public Health Center - Briarcrest to weigh and measure your baby, spend time socializing with other babies and caregivers and access information and support from an AHS Public Health RN.

Drop-in, No Registration is required.

Wednesdays

10:00am-12:00pm

Camrose Public Health, Briarcrest, 5510-46 Ave.

Little Santa's (1-6 years)

Parents and caregivers of children 1- 6 years old, join us for connection through winter holiday themed activities, songs, crafts, and special take home activities. You can choose either a morning or afternoon session in person.

Registration Required by November 17th

Mondays, November 24, Dec 1 and Dec 8

10:30-11:30am or 1:30-2:30pm

Camrose Family Resource Centre, 4823-51 St

Family Programs

Christmas Movie Night (All Ages)

Put on your coziest PJ's and join us for a Christmas Movie Night! Snuggle up, enjoy the magic of the season by watching the Grinch, and decorating your own gingerbread cookies! Pizza and festive treats are provided.

Registration Required

Thursday, December 4

5:00-7:00pm

Camrose Family Resource Centre, 4823-51 St.

The 7 Grandfather Teachings (for families with children aged 10-14 years of age)

The Storytelling of the 7 Grandfather Teachings are a First Nations Lens to Life Virtue's. We will use an Interactive booklet and the making of your own unique Dream catcher.

Registration required

Thursdays, October 2, 9, 16, 23, 30,

November 6, and 13

4:00-5:00pm

Camrose Public Library, 4710-50 Ave.

National Child's Day celebration (0-6 years)

On this significant day, join the Camrose Family Resource Centre for a special drop in play date with snacks, resources, and family packs to take home! Learn more about what National Child Day is through activities and resources!

No Registration required

Thursday, November 20

10:00-2:00pm

Camrose Family Resource Centre, 4823-51 St.

Halloween Carnival (12 and under)

Throw on your favorite Halloween costume and join us for a fun evening! Enjoy ghoulish games, spooky crafts, and spooktacular photo area. Plus - there'll be plenty of taste treats and drinks to keep the party going. Don't miss out on the Halloween magic!

Registration required

Thursday, October 30th

5:30-7:30pm

Camrose Family Resource Centre, 4823-51 St

Library Matinee!

All ages welcome; join us for pizza, movies and an activity! Kids 8 and younger must be accompanied by an adult. Space limited.

Registration opens 3 weeks before event.

Email: Nicole@prl.ca for film titles and to register. **Registration required.**

Fridays, (No School days)

September 26

October 24

December 5

**CAMROSE
PUBLIC LIBRARY**

Terrific Tales (0-5 years)

Join us as we join the CAMROSE PUBLIC LIBRARY, for family fun. We will play, learn and grow! **No registration required.**

Wednesdays, 10:30-11:30am

Camrose Public Library, 4710-50 Ave.



3

Parent Education & Support

Register at www.camrosefrc.com

Family Support & Resources

Every family's journey is different, and sometimes, a little guidance can make all the difference. We're here to help parents access the resources available to them! Whether that means finding the right services, filling out forms, or navigating a complex referral process.

Support is led by parents, at their pace, and tailored to their unique needs. If you're unsure where to start, we can connect you with information and services in the community to help make things easier.

Fear-Less Seminar (Ages 6 and up)

Being a Parent to a child/teenager who is experiencing anxiety can be tough. Join us for a free virtual 90 minute session, where together we will discuss strategies and tools to support your child in being better able to cope with anxiety. There are two times to choose from, Join online or in person. Light meal and childcare provided for in person participants

Registration Required

Thursday, Nov. 20

5:30-7:00pm or

Wednesday, Nov. 26

12:00-1:30



Teen Triple P

The teenage years come with a host of new challenges for your teen and you. By learning and using positive strategies that really work, you can help your teen find solutions for all kinds of situations. They may be getting older, but you can still influence their behavior!

Call 780-672-0141 for more information



Transitions Triple P (All Ages)

Are you divorced or in the process of separation, and looking for information and resources to help your child and yourself from the fallout of your changing family? Join us in a virtual group for Family Transitions Triple P. You will get new ideas, techniques, and strategies to help you through the day to day dramas that can arise. This free program is offered virtually over Zoom on Tuesday evenings.

Tuesday, September 9, 16, 23, 30

October 7

8:00pm - 9:30pm.

Online

Group Triple P (0-12 years)

Parenting can become a little easier when we have positive strategies in our parenting "tool box". Through this virtual workshop you will gain insight into the reasons why children misbehave, and learn ways to manage the behaviors. Registration required.

Thursdays, September 25th

October 2, 9 and 16

11:30am - 1:00pm

Online

Triple P - One on One (All ages)

We offer flexible, one on one sessions, that provide guidance and support tailored to help you navigate specific and common issues that many parents face.

Call 780-672-0141 for more information



4

Parent Education & Support

Register at www.camrosefrc.com

Be Their Safety Net (Parents of children 0-grade 4)

Supporting Kids as they traverse the landscape of relationships and technology. In this session we are going to explore what we know about kids and the ways they use the internet, describe the importance of ongoing conversations about navigating digital and online spaces and identify resources for more information and support. Childcare and light supper provided
Registration required.

Tuesday, October 21
5:30pm - 7:00pm
In Person or Online
ACAA, Suite 203, 5015 50 Ave.



You Want Me to Say What? (Parents of all ages)

Conversations about how to discuss consent with your kids. Join us to learn about setting a solid foundation for empathy, boundaries, and healthy relationships. Lunch and Childcare available. Join in person.
Registration required.

Wednesday, October 15
11:30am - 1:00pm
In Person
Camrose Family Resource Centre, 4823 51 St.





NATIONAL CHILD DAY

National Child Day has been celebrated across Canada since 1993 to commemorate the United Nations' adoption of two documents centered on children's rights: the United Nations Declaration of the Rights of the Child on November 20, 1959, and the United Nations Convention on the Rights of the Child on November 20, 1989.

On this significant day, join the
Camrose Family Resource Centre
for a extra special

Drop In Play Date

with snacks, resources,
and family packs to take home!

Thursday November 20th
10:00am - 2:00pm
4823-51 Street



CAMROSE FAMILY RESOURCE CENTRE
Camrose & District - Beaver County - Flagstaff County
Part of the Camrose & Area Family Resource Network



fcss
Camrose & District
Family and Community
Support Services



Alberta
Provincial Family
Resource Networks

Camrose, Beaver & Flagstaff County



Follow us on Facebook or Instagram for Program Details

Follow our community partners for more programs in your communities!



Family Support Resources

We are here to provide support, information, referrals, and parent education for all families with children 0-18 years within the City of Camrose, Camrose County, Flagstaff County and Beaver County. Let us help you navigate the parent journey, contact us for support!

Upcoming Rural Family Programs

Beaver County

Tofield Kids Spot
Every Wednesday
9:30-11:30am
5309-50 St.

Ryley Play Group
Every Monday
10:00-11:30am
5021-50 St.

Bruce Play Group
Fridays
11:00-12:00pm
Sept. 12, 26
Oct. 10, 24
Nov. 7, 21
Dec. 5, 19
Community Hall 404 Main ST.

Camrose County

Bashaw Art-ventures
Mondays (1st and 3rd)
Sept. 15, Oct. 6, 20,
Nov. 3, 17, Dec. 1 and 15
10:00am-12:00pm
Bashaw Library
5020-52 St.

Bashaw Drop In
Mondays (2nd and 4th)
Sept. 22, Oct. 13, 27,
Nov. 10, 24, and Dec. 8
10:00am-12:00pm
Bashaw Youth Centre
4903 50 Ave.



Flagstaff County

Baby Steps
Sept. 25, Oct. 23, Nov. 27
10:00-11:00am

Imagination Station
Nov 14, and 28
10:00-11:00am

Halloweenie
Oct. 31
10:00-11:00am

Kickin' it with Pizza
Oct 24
10:00-12:00pm

12 Days of Christmas Brunch
Dec. 5
10:00-11:00am
Killam FRC 5175 51 ST

Have questions or looking for additional information call 780-672-0141, or email one of our knowledgeable staff...

Jolene Doig: Program Coordinator j.doig@camrosefrc.com

Lindsey Shott: Program Coordinator l.shott@camrosefrc.com

Stacey Wolfe: Program Coordinator s.wolfe@camrosefrc.com

Krista Lantz: Program Coordinator k.lantz@camrosefrc.com

Daneille Ostafichuk: Program Manager d.ostafickuk@camrosefrc.com

Laurie Jansen: Program Director l.jansen@camrosefrc.com



Family Services - Changing Ways



REWRITING REACTIONS YOUTH ANGER MANAGEMENT

Begins September 2025
Hybrid Delivery

For more information or to register:

-  780-672-2833
-  nick@changing-ways.ca

This 8-week program focuses on teaching youth, ages 12-16, about managing intense emotions, healthy coping strategies and improving relationships with peers and family.



Family Services - Changing Ways



ANGER MANAGEMENT

Begins Fall 2025
Hybrid Delivery

For more information or to register:

-  587-844-6811
-  abby@changing-ways.ca

8-Week group to educate adults dealing with chronic rage or anger unrelated to intimate relationships. The group provides preventive strategies for managing anger, helping individuals improve emotional regulation and interpersonal relationships.



GROWTH CIRCLE FOR WOMEN

14- week program
Begins Fall 2025
Hybrid Delivery

For more information or to register:

-  587-844-6811
-  abby@changing-ways.ca

Offered in partnership with



This peer support group dives into the experience of domestic abuse.

Topics range from:

- Understanding domestic abuse
- Creating support systems
- Building personal power
- Contextualizing experiences of trauma and shame



CHOICES FOR MEN

14- week Program
Begins September 2025
Hybrid Delivery

For more information or to register:

-  587-844-6811
-  abby@changing-ways.ca

This group provide education and counseling for adults who have experienced abusive behaviors in relationships. They address and intervene in intimate partner violence at an early stage, promoting healing and resilience.

Some of the sessions offered in Choices For Men include:

- Emotional Regulation
- Trauma and Resilience
- Communication
- Setting Boundaries







FAMILY VIOLENCE AFFECTS EVERYONE. WE CAN HELP.

Changing Ways provides free and voluntary programs and services to support individuals in creating a violence-free community.

Available Services

- Information and Referral
- Intimate Partner Violence
- Children & Youth Programs
- Anger Management

CONTACT US

-  587-844-6811
-  info@changing-ways.ca
-  4823-51 St, Camrose, AB
-  www.changing-ways.ca

Supportive.
Respectful.
Violence-free.



Family Services - Changing Ways



Real Tools Real Growth

Boys Will Learn

- Understanding emotions
- Navigating feelings
- Asking for help
- Healthy relationships

They Will Experience

- Real talk, not lectures
- Safe spaces to open up
- Peer connection



Why It Matters

Not every boy is in crisis, but every boy is figuring something out. We give them tools, trust, and space to grow.

**Real Strength
Real Change**

Sign up to get updates
and be the first to hear
about our programs.



An initiative of



**Changing
Ways**

Camrose
& District



fcss
Camrose & District
Family and Community
Support Services

Family Resource Network Partners



Camrose Association for Community Living

The Camrose Association for Community Living – Healthy Families Program is dedicated to empowering families and caregivers to foster the healthy development of children during their early years.

Healthy Families Program: What Do We Do?

The Healthy Families Program offers prenatal and parenting support services from pregnancy through to a child's 6th birthday. Operating on the principle that strong, secure relationships between caregivers and children are fundamental to healthy development, our program focuses on cultivating secure attachment relationships, promoting early childhood development, and addressing the specific needs of families within their home environments.

Our Approach

Our Home Visitation Facilitators work closely with families, providing personalized information and support to nurture healthy child development. Through tailored home visitation services, we encourage families to actively participate in planning their home visits. Collaborating closely with community partners, we ensure a holistic approach that meets identified family needs and raises awareness of available community supports.

PCAP (Parent-Child Assistance Program)

Building on our commitment, PCAP extends specialized, holistic support to individuals confronting substance use and other health or social issues. Home Visitation Facilitators provide personalized services over three years, guiding participants and families through these challenges with compassion and expertise. Participants embark on a three-year journey where Home Visitation Facilitators support connections to essential services—from substance use recovery and mental health treatment to navigating legal, housing, and income assistance programs. Our approach is grounded in stages of change, self-efficacy, and harm reduction, ensuring each participant receives empathetic support tailored to their unique circumstances.

How to Access Our Programs

Our Healthy Families program welcomes referrals from everyone - individuals or families seeking support, as well as from parents, doctors, public health nurses, social workers, teachers, prenatal instructors, and community agencies. All our services are voluntary and provided free of charge, ensuring accessibility for all families in our community. We support families in the areas of: City and County of Camrose, County of Beaver, County of Flagstaff.

County of Camrose
camrosereferral@cafcl.org

Beaver County
beaverreferral@cafcl.org

Flagstaff County
camrosereferral@cafcl.org

For more information or to refer a family to programs, please feel free to reach out to:

Program Director: Stacey Olstad (solstad@cafcl.org)

Team Coordinator's: Kristin Matier (kmatier@cafcl.org) or Denise Robbins (drobbins@cafcl.org)

Website: www.cafcl.ca

Family Resource Network Partners



Programs and Services

24/7 HELPLINES

Our Helpline provides support to clients, their family and friends, and to professionals seeking information or assistance in supporting a client. The helpline also provides distress interventions for clients in need of immediate help. Staff will provide assistance, triaging, and referrals for follow up to provide support. Please note - we are unable to provide in-person support over the weekend and statutory holidays.

Camrose 24/7 helpline: 780-679-4357
Wetaskiwin 24/7 helpline: 780-360-2995

NAVIGATION

Comprehensive coordination of support services across a wide range of systems. Our team is dedicated to guiding clients through their unique areas of need, ensuring they receive the appropriate assistance and resources. This includes facilitating referrals to relevant services and conducting thorough assessments to identify the most effective pathways for support. Our goal is to ensure that each individual's needs are met with care and efficiency, offering a seamless experience as they navigate various support systems.



The EmpowerPLUS employment program supports individuals aged 15-30 who may be the furthest from employment, including newcomers to Canada, Indigenous communities, 2SLGBTQ+ youth, youth experiencing homelessness, single parents, racialized youth, and those living in remote and rural areas. The program offers personalized assessments to identify needs, job readiness training, essential skills building, and guidance from our Employer Advisory Board. Participants gain hands-on experience through PAID internships and tailored work placements with local business partners. Trainings available include WHMIS, First Aid, Psychological First Aid, Indigenous Training, GED prep, Food Safety, ProServe, SellSafe, and MORE! Conditions Apply. EmpowerPLUS serves Camrose, Wetaskiwin, and East Central Alberta.

COMMUNITY HELPERS PROGRAM

Community Helpers (CHP) is a community-based suicide prevention program funded by Alberta Health Services. This training equips participants with the skills to improve their own well-being and assist others in need. They are introduced to community helping professionals and learn how to refer individuals to these services.



COUNSELLING SERVICES

The Open Doors program offers confidential counseling services to individuals aged 11-24 and their families, with fees based on a sliding scale to ensure accessibility. These services are designed to support mental and emotional well-being, providing guidance and resources to help navigate life challenges. Whether it's addressing personal struggles, family dynamics, or academic pressures, Open Doors is committed to offering affordable, high-quality counseling to help young people and their families thrive.

Nourish Now: Bridging Gaps, Filling Plates

NourishNow, operated by The Open Doors, is a food security initiative dedicated to addressing food insecurity in our community. We provide immediate and sustained support through several services, including Grab-and-Go Meals, available Monday to Friday (Breakfast from 8:30 AM - 10:00 AM and Dinner from 5:00 PM - 6:30 PM), ensuring individuals have access to nutritious meals. We also distribute food hampers to vulnerable households in rural and remote areas of East Central Alberta, increasing access to healthy food. Our Community Meals program offers a welcoming environment for social connection, shared food traditions, and stronger community bonds. In addition, we provide Nutrition Education to empower individuals with knowledge to make informed dietary choices. NourishNow aims to alleviate hunger, improve food security, promote nutrition, and foster community resilience.

www.theopendoors.ca

780-679-6803

info@theopendoors.ca



INDOOR PLAYGROUND

DROP-IN

NO REGISTRATION REQUIRED

4823-51 Street, Camrose

Starting September 9th

Tuesdays & Thursdays 10:00am - 2:00pm

Thursdays (Sept 18th) 5:30pm - 7:30pm

Join us for:

- ✓ Resource Sharing
- ✓ Free Play
- ✓ Crafts & Sensory Experiences
- ✓ A Chance to Connect





Provincial Family Resource Networks



stronger together