

Programs and Services

Summer 2017

Jasper Place Child and Family Resource Centre/West Edmonton Parent Link

Let's Make Parenting Fun...Because Kids Don't Come with Instructions!



Some of the best memories are made in flip flops.”

Kellie Elmore

We Offer:

Free Programs

Free Parking

Planned Activities

Certified, Caring, and Friendly Staff

Wheelchair (16811 88) Stroller/Bus Access

Choice of Inclusive and Safe Locations



Jasper Place

Child & Family Resource Centre
West Edmonton Parent Link

780.489.2243

www.jasperplace-cfrc.com

Kindergarten

Jasper Place Child and Family Resource Centre offers Kindergarten built into a quality child care program.

Your child will have the benefit of a

- Small class size
- Hot lunch program
- Leading edge educational programming

For more information contact: adine@jasperplace-cfrc.com

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Mondays

Stay & Play

An interactive playtime where parents and caregivers can explore various activities with their children. Facilitators plan play activities based on five developmental domains.

(Birth to 5 Years)
16811 88 Avenue

Drop-in -

July 10 to August 21

9:30 to 12:00

No Program August 7

Tuesdays

In the Park & Play

An interactive playtime where parents and caregivers can explore various activities with their children in our outdoor playground. Facilitators plan for some great summer fun in our enclosed playground!

(Birth to 5 Years)
16811 88 Avenue

Drop-in

July 11 to August 22

9:30 to 12:00

Baby & You

Expecting parents and parents with young infants get a chance to get together. Discuss topics such as: Pregnancy, nutrition, infant development and safety. Activities may include crafts, rhymes and songs. **Health for Two** is available at this program.

(Expecting parents and parents with young non-mobile infants)

16811 88 Avenue

Drop-in

July 11 to August 22

1:00 to 2:30

Limited Childcare available for siblings under 5 years of age

DADS ARE WELCOME

Wednesdays

Stay & Play

An interactive playtime where parents and caregivers can explore various activities with their children. Facilitators plan play activities based on five developmental domains.

(Birth to 5 Years)
16811 88 Avenue

Drop-in

July 12 to August 23

9:30 to 2:30

Thursdays

Read & Sing

Do you want to help your child build their literacy skills? This program is for you. The most important thing we can do to nurture children is to talk to them. Reading and singing are a great way to help your child learn language and build vocabulary. Singing also helps your child bond with you. Register by emailing ikram@jasperplace-cfrc.com

(Birth to 4 Years)
10030 - 167 Street
West Location of the Edmonton
Mennonite Centre for Newcomers

Registered:

July 13 to August 17

10:00 to 11:00

Did you know?

We are a distribution site for the FREE Alberta Baby Boxes.

Baby Box Alberta

("control click") the link below to find out how to get yours.

www.babyboxco.com

(You are eligible if you are expecting or have a child under 3 months of age.)

Baby Box Location is at our main site:
16811 88 Avenue

Interested?

Email Wendy
wendy@jasperplace-cfrc.com



BACK TO SCHOOL BREAKFAST IDEAS

Tropical Coconut Overnight Oats

First, mash a small ripe banana and chop 1/3 cup of fresh mango and pineapple. Pour Quaker® Large Flake Oats in your container, next adding the banana, plain Greek yogurt, honey, chia seeds and unsweetened coconut flakes. Finish with the remaining tropical fruit. To smooth your mixture, add unsweetened almond or coconut milk to taste. Cover and refrigerate overnight.

This is a twist on a classic recipe that will become your kid's instant favourite!



Mixed Berry Overnight Oats

In a Mason jar or bowl, add Quaker® Oats, Greek yogurt, hemp hearts, vanilla extract and sea salt. Stir to combine.

Stir in ¼ cup strawberries and ¼ cup blueberries.

Top with remaining strawberries, blueberries and lemon zest.

Cover and refrigerate overnight.

Thin with unsweetened almond milk if desired.



Recipes taken from www.parentscanada.com

Prevent It! In partnership with Little Warriors

This workshop educates adults on how to take action to stop child sexual abuse. Little Warriors is a national charitable organization based in Canada, committed to the awareness, prevention, and treatment of child sexual abuse.



Register online at: <http://littlewarriors.ca/>

16811 88 Avenue
Registration Required

Wednesday, July 19
6:00 to 9:00 PM

Monday, August 14
6:00 to 9:00 PM

Triple P Group (Positive Parenting Program)

This 4 session workshop offers suggestions and ideas on positive parenting to help you promote your child’s development, in an aim to make parenting easier. Parents will leave this set of four group sessions with a customized parenting plan followed by one to one phone support.

Register at - 780.489.2243

Limited Childcare Available

16811 88 Avenue
Registration Required

4 Fridays,
July 28, August 4, 11, and 18
10:00 to Noon

Triple P - One to One

A Triple P Facilitator may be able to meet with you one to one to discuss parenting challenges and strategies.

Call for an appointment: 780.489.2243

16811 88 Avenue (Cabrini)

Triple P - Online

Check out the [Stay Positive Alberta](http://www.staypositivealberta.com) site for information on the programs listed above as well as the online version of PPP.

<http://www.triplep-parenting.net/alb-en/home/>



If our session dates/times will not work for you, or the program you are interested in is not listed; check out the hyperlinks (ctrl/click) to other Parent Link Centres on the last page.



Support is Available **Before** the Birth of your Baby

- **Health for Two** supports women while they are pregnant until their babies are two months old. Parenting support as needed:
- Pregnancy information
- Nutrition information (free milk coupons and prenatal vitamins)
- Referrals to community services
- Hospital tours
- Bus tickets
- Teens welcome

Appointment Required: 780.489.2243

<http://www.albertahealthservices.ca/info/service.aspx?id=5807>

Must sign up, prenatally



We welcome pregnant and parenting TEENS

For further information on the above services Please Contact one our Facilitators:

780.489.2243

Ext. 241 stephanie@jasperplace-cfrc.com or text 780.297.2243

Ext. 229 gale@jasperplace-cfrc.com or text 587.357.6264

lynn@jasperplace-cfrc.com or text 587.357.1128



Dads Matter

“A good father is one of the most
unsung, unpraised, unnoticed,
and yet one of the most
valuable assets in our society”

B. Graham

Bread donation

Donated bread from Bon Ton Bakery and Cob's Bakery can be picked up in our main lobby Mondays & Tuesdays.

(While supplies last)



<http://wecanfood.com/>

WeCan food basket



A city wide food buying cooperative. Members can buy fresh meat and produce at a savings of 20% or more off the regular grocery prices.

Our pick up day is the 3rd Thursday of each month.

Clothing exchange



Families are welcome to help themselves to gently used clothing. Donate clothing that no longer fits your children to the exchange. Clothes will be on display in the lobby.

(sizes newborn to 6 years)

Coats for kids and families

We are a pick-up site for the Coats for Kids and Families program. Drop-in if you need winter coats for yourself and your fami-



<http://myunitedway.ca/coats-for-kids-families>

Developmental screening

The Ages and Stages Questionnaire is a parent completed checklist. This easy to use tool helps parents follow and monitor their child's development.

For children 1 month to 5 1/2 years of age.



Car seat installation support



Have questions about safely using your child's car seat?

Make an appointment with one of our trained car seat technicians to ensure that your seat is installed correctly.

Weather permitting

Are You Looking for a Kindergarten Program for Your Child for Fall 2017?

Are you working or going to school full-time and wondering how you will find part-time child care? Jasper Place Child and Family Resource Centre **offers Kindergarten** built into a quality child care program. Your child will have the benefit of a

- Small class size
- Hot lunch program
- Leading edge educational programming

For more information email

adine@jasperplace-cfrc.com

Kindergarten

Check Out These Sites for Some Cool Summer Ideas

<http://www.todocanada.ca/Summer+Activities+in+Edmonton/>

<http://handsonaswegrow.com/30-summer-crafts-kids-easy/>

<https://www.thespruce.com/summer-drink-recipes-for-kids-2097105>

M = Main Site 16811 88 Ave. (Behind Misericordia Hosp.)

L = LaPerle #29 9606 180 Street

TW = Touchmark at Wedgewood 18323 Lessard Road

LYM = Lyburn 7425 180ST

CW = City West 9915 148 Street

WECC = Mennonite Centre 10030 - 167 Street

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Centre Closed in Lieu of</p> 				7
<p>10 Stay & Play - M 9:30 to 12:00 Drop-in</p>	<p>11 In The Park & Play - M 9:30 to 12:00 Drop-in</p> <p>Baby n You - M 1:00 to 2:30 Drop-in</p>	<p>12 Stay & Play - M 9:30 to 2:30 Drop-in</p>	<p>13 Read & Sing WECC - 10:00 to 11:00 Registered</p>	14
<p>17 Stay & Play - M 9:30 to 12:00 Drop-in</p>	<p>18 In The Park & Play - M 9:30 to 12:00 Drop-in</p> <p>Baby n You - M 1:00 to 2:30 Drop-in</p>	<p>19 Stay & Play - M 9:30 to 2:30 Drop-in</p> <p>Little Warriors - Prevent It! Workshop 6 to 9 pm</p>	<p>20 Read & Sing WECC - 10:00 to 11:00 Registered</p>	21
<p>24 Stay & Play - M 9:30 to 12:00 Drop-in</p>	<p>25 In The Park & Play - M 9:30 to 12:00 Drop-in</p> <p>Baby n You - M 1:00 to 2:30 Drop-in</p>	<p>26 Stay & Play - M 9:30 to 2:30 Drop-in</p>	<p>27 Read & Sing WECC - 10:00 to 11:00 Registered</p>	<p>28 Triple P Group - M 10:00 to 12:00 Registered</p>
<p>31 Stay & Play - M 9:30 to 12:00 Drop-in</p>	<p>Need help with a car seat? Call 780.489.2243 for an appointment</p>		<p>Have questions about your child's development? We can provide a screening questionnaire.</p>	

M = Main Site 16811 88 Ave. (Behind Misericordia Hospital)

L = LaPerle #29 9606 180 Street

TW = Touchmark at Wedgewood 18323 Lessard Road

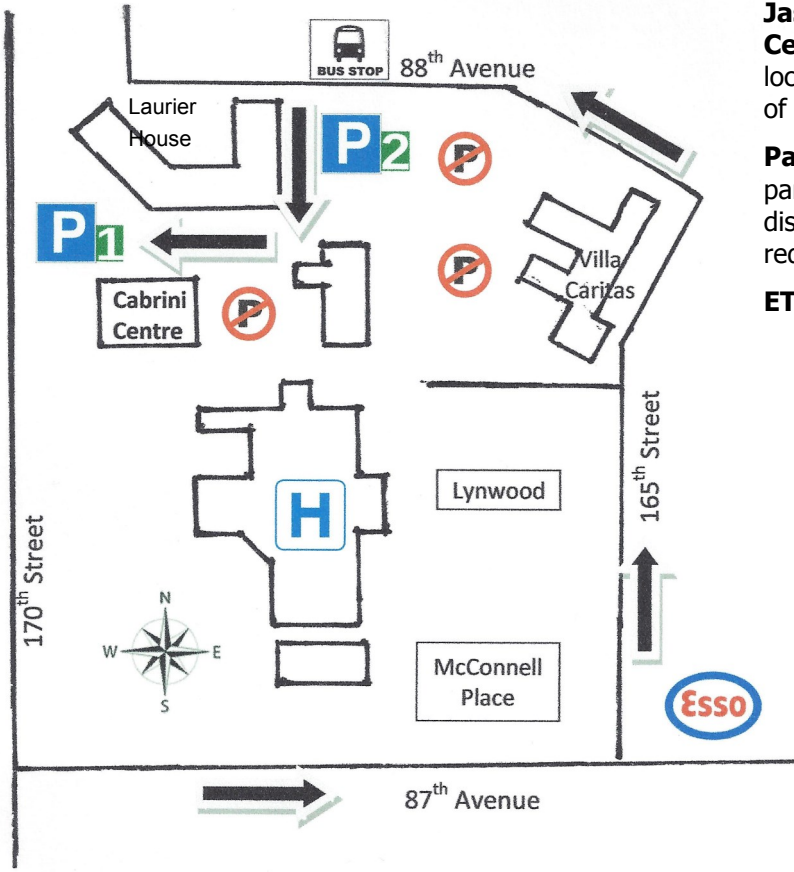
LYM = Lymburn 7425 180ST

CW = City West 9915 148 Street

WECC = Mennonite Centre 10030 - 167 Street

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1 In The Park & Play - M 9:30 to 12:00 Drop-in Baby n You - M 1:00 to 2:30 Drop-in	2 Stay & Play - M 9:30 to 2:30 Drop-in	3 Read & Sing WECC - 10:00 to 11:00 Registered	4 Triple P Group - M 10:00 to 12:00 Registered
7 CLOSED	8 In The Park & Play - M 9:30 to 12:00 Drop-in Baby n You - M 1:00 to 2:30 Drop-in	9 Stay & Play - M 9:30 to 2:30 Drop-in	10 Read & Sing WECC - 10:00 to 11:00 Registered	11 Triple P Group - M 10:00 to 12:00 Registered
14 Stay & Play - M 9:30 to 12:00 Drop-in Little Warriors - Prevent It! Workshop 6 to 9 pm	15 In The Park & Play - M 9:30 to 12:00 Drop-in Baby n You - M 1:00 to 2:30 Drop-in	16 Stay & Play - M 9:30 to 2:30 Drop-in	17 Read & Sing WECC - 10:00 to 11:00 Registered	18 Triple P Group - M 10:00 to 12:00 Registered
21 Stay & Play - M 9:30 to 12:00 Drop-in	22 In The Park & Play - M 9:30 to 12:00 Drop-in Baby n You - M 1:00 to 2:30 Drop-in	23 Stay & Play - M 9:30 to 2:30 Drop-in	24	25
28	29	30 Having parenting challenges? Call 780.489.2243 for an appointment	31 (Infant to size 6) Have clothing you'd like to donate? Drop them off at 16811 - 88 Ave.	



Jasper Place Child and Family Resource Centre – West Edmonton Parent Link main site is located in the Cabrini Centre 16811 88 Avenue (tower north of Misericordia Hospital).

Park during the day in the first 10 stalls of P1. If full then park in P2 (Reciprocal Parking). A parking pass must be displayed on your dash, available at our front desk. You can request a pass for the duration of your program.

ETS Bus – stops at #113, on 88 Avenue near 168 Street



Our Locations

Main Site 16811 - 88 Avenue (north of the Misericordia - brown and white high-rise ("Cabrini"))

LaPerle Site #29 9606 - 180 Street (Housing complex bungalow - sign on door)

Touchmark at Wedgewood 18323 Lessard Road - A Seniors Complex (Approach the gate slowly, it will open, then proceed to the rear entrance)

Lymburn Community Centre 7425 180 Street (Follow the path from the parking lot to the centre)

West End Community Connection (Mennonite Centre) 10030 - 167 Street

Our Contact Information 780.489.2243

General Inquiries 780.489.2243 Email: irene@jasperplace-cfrc.com

Website www.jasperplace-cfrc.com

We are on **FACEBOOK** and **TWITTER** search us under: [Jasper Place Child and Family Resource Centre-Parent Link](#)



Bent Arrow - Aboriginal Parent Link Centre

Main Site Address: 11666-95 Street
Edmonton AB T5G 1L8
Phone: 780.474.2400
<http://bentarrow.ca/>

Address
Parkdale School, 11648 – 85 Street
Edmonton, Alberta T5B 3E5
Phone: 780.481.3451
Fax: 780.481.3509
E-Mail: reception@bentarrow.ca
<http://bentarrow.ca/>

Francophone - Institut Guy Lacombe De La Famille

Main Site Address: #114, 8627-91e Rue NO
(rue Marie-Anne Gaboury)
Edmonton AB T6C 3N1
Phone: 780.468.4882
Email: info.iglf@fpfa.ab.ca
Website: www.institutguylacombe.ca

KARA - Northeast Edmonton Parent Link Centre

Main Site Address: 6717-132 Avenue
Edmonton AB T5C 2A4
Phone: 780.478.5396
Email: info@kara-frc.ca
Website: www.kara-frc.ca

North East - North East Parent Link Centre

Norwood Child and Family Resource Centre
Main Site Address: 9516 – 114 Ave
Edmonton AB T5G 0K7
Phone: 780.471.3737
Fax: 780.477.1632
Website: www.norwoodcentre.com

RJ SCOTT PARENT LINK,
Located at the RJ Scott School,
11610 38 Street NW, Edmonton .

RUNDLE SCHOOL
11005 - 34 Street
780.479.1548

UBUNTU CENTRE
14023 - Victoria Trail
780.424.4106

<http://norwoodcentre.com/parent-link/>

Fort Saskatchewan - Families First Fort Saskatchewan/ Sturgeon County Parent Link Centre

Main Site Address: 9901 - 90 Street
Fort Saskatchewan AB T8L 3T1
Phone: 780.998.5595
Email: www.familiesfirstsociety.ca

Stony Plain – Wildwood – Wabamun Aboriginal Parent Link Centre

Main Site Address: 5413-51 Street
Box 2614
Stony Plain AB T7Z 1Y2
Phone: 780.963.8749
<http://www.bearpaweducation.ca/aboriginal-parent-link-centre-stony-plain>

Parkland County - Parkland County Parent Link Centre

Main Site Address: 5600-50 Street
Box 2695
Stony Plain AB T7Z 1Y2
Phone: 780.963.0549
Email: barb@apfa.ca
Website: www.apfa.ca

Family Futures Resource Network

Formerly known as – Mill Woods Family Resource Centre
MILLHURST SITE
5710-19A Avenue
Edmonton AB T6L 1L8
Phone: 780.413.4521
Email: info@mwfrc.org
Website: www.familyfutures.ca

KNOTTWOOD SITE
1733 Mill Woods Road
(80 St. & 17 Ave)
Edmonton, Alberta, T6K 3L9
Phone: 780.413.4521
Fax: 780.490.0253

MILLBOURNE SITE
3756 - 78 Street
Edmonton, Alberta, T6K 1R7
Phone: 780.413.4521
Fax: 780.462.9828

South West Family Resource Centre

Main Site Address: 25 Fairway Drive
Edmonton AB T6J 2S6
Phone: 780.413.4521
Email: info@swfrc.org
Website: www.familyfutures.ca

Strathcona County - Strathcona Parent Link Centre

Main Site Address: -Children and Youth Community
Center #119, 111-3 Spruce Avenue
Sherwood Park AB T8A 2B6
Phone: 780.416.6730
Email: parentlink@strathcona.ab.ca
Website: www.strathcona.ca/parentlink

Jasper Place Child and Family Resource Centre - West Edmonton Parent Link

16811 - 88 Avenue
Edmonton, T5R 5Y6
Phone: 780.489.2243
Website: www.jasperplace-cfrc.com

Leduc - Leduc Regional Parent Link Centre

Main Site Address: 101, 1101-5 Street
Nisku AB T9E 2X3
Phone: 780.955.3555
Toll Free: 1.800.379.9052
Email: lrplc@leduc-county.com
Website: <http://www.leduc-county.com/services/fcss>

All Parent Link Centres offer the same 5 core services:

1. Family Support
2. Parent Education
3. Early Learning and Care
4. Information and Referral
5. Developmental Screening