



6717-132 Ave.,  
Edmonton, AB T5C 2A4  
W: [www.kara-frc.ca](http://www.kara-frc.ca)

T: 780-478-5396  
F: 780-478-1979  
E: [info@kara-frc.ca](mailto:info@kara-frc.ca)

# 2010 KARA Fall Programs

Please note that dates and/or times are subject to change.

All courses and drop-ins are free of charge.

Also check out our Website at:  
[www.kara-frc.ca](http://www.kara-frc.ca)

parentLINKcentre

Government of Alberta

PROGRAM	LOCATION	DAY	START/END	TIME
<b>PARENT EDUCATION</b>				
Caring Families ☺ ▲ 🍴	KARA (6717-132 Ave.)	Tue. & Wed.	Sep. 21 – Dec. 8	9:30 am - 3 pm
Nobody's Perfect	KARA (6717-132 Ave.)	Tue.	Sep. 7 – Oct. 12	6:30 pm – 8:30 pm
		Fri.	Sep. 10 – Oct. 15	1 pm– 3 pm
		Wed.	Oct. 20 – Nov. 24	6:30 pm – 8:30 pm
How to Talk so Kids will Listen	KARA (6717-132 Ave.)	Tue.	Sep. 7 – Oct. 12	<b>FULL</b>
		Fri.	Oct. 1 – Nov. 26	1 pm – 3 pm
		Wed.	Oct. 20 – Nov. 24	6:30 pm – 8:30 pm
Parenting in Two Cultures ☺ 🍴	KARA-Too (#108, 5606-134A Ave.)	Thursdays	Sep. 16 – Nov. 18	9:30 am – 1 pm
<b>FAMILY SUPPORT</b>				
Parent to Parent Group ☺	KARA (6717-132 Ave.)	Thursdays		6:30 – 8:30 pm
<b>EARLY CHILDHOOD SERVICES</b>				
Creative Play & More (Parent & Child Drop-In) ▲	KARA (6717-132 Ave.)	Thursdays		9:30 – 11 am
Teddy Bear Club (Parent & Child Drop-In)	KARA (6717-132 Ave.)	Mondays		6 – 7:30 pm
Me & My Buddy (Dad & Child Drop-In)	Clareview Head Start (1142 Hermitage Road)	First Saturday of every month Starting Oct. 2		9:30 am – 11 am
Baby Buds (Parent & Infants 0-12 months Drop-In)	KARA (6717-132 Ave.)	Thursdays		1:30 – 3 pm
Playtime Drop-In (Parent & Child 2-5 years)	KARA-Too (#108, 5606-134A Ave.)	Tuesdays		9:30 – 11am
<b>WORKSHOPS:</b>				
Conflict Styles ☺ 🍴	KARA (6717-132 Ave.)	Tue.	Sep. 7	9 am – 3 pm
Credit Cards & Debt for Newcomers ☺ 🍴		Wed.	Sep. 8	9 am – 3 pm

☺ Early Childhood Program Available  
(children 0 – 5 yrs only)

▲ Limited Space, please register in advance

🍴 Light meal provided

**KARA Office Hours:** Monday to Thursday: 8:30 am – 4 pm  
Fridays: 7:30 am – 3 pm

For program registration or information and referral call: 780 - 478 - 5396  
For more detailed information on our programs and services please log on to our website at  
[www.kara-frc.ca](http://www.kara-frc.ca) To request an emailed copy please email us at [info@kara-frc.ca](mailto:info@kara-frc.ca)

Updated: August 11, 2010

PARENT EDUCATION	
<b>Caring Families</b>	A positive parenting program for parents with children 0-6 years of age. <b>Parents and children attend the program together.</b> Program combines parent-child activities in our playrooms with separate group time for the parents. Program is 12 weeks long, 2 full days each week. <b>Please call to register; registration ends 1 week before program starts.</b>
<b>How To Talk So Kids Will Listen</b>	For parents of young children 3 years of age and up. Learn and practice some great communication and discipline skills. These skills can help you guide your child's behaviour in ways that leave both you and your child feeling good. They can also help you to build your child's independence and self-esteem. <b>Please call to register.</b>
<b>Nobody's Perfect</b>	A six session, weekly group that discusses the basics of parenting a young child (birth-3 years of age). This group is great for first time parents. Topics include looking after yourself as a parent, keeping children safe and healthy, helping children to learn and develop, and encouraging positive behaviour. <b>Please call to register.</b>
<b>Parenting in Two Cultures</b>	Parents discuss raising children in their country of origin and in Canada. Parents completing this course often move on to take ESL or other courses. Participants welcome with limited English. <b>Please call to register.</b>
<b>TRIPLE P Sessions</b>	Parenting is not an easy job, and Triple P (Positive Parenting Program) seminar series offer you suggestions and ideas to make parenting just a bit easier. Seminars are; <i>#1 - The Power of Positive Parenting,</i> <i>#2 - Raising Confident, Competent Children,</i> <i>#3 - Raising Resilient Children.</i> Take one, two or all three. <b>Please call for more info or to register.</b>
FAMILY SUPPORT	
<b>Understanding Anger for Women</b>	Do you want to know what your anger style is? What your anger triggers are? Why you react the way you do? <b>Please call to register.</b>
<b>Parent to Parent</b>	A chance for expecting and new parents to discuss parenting topics. Health for Two participants are welcome to this group. <b>This is a Drop-In.</b>
<b>Home Visitation</b>	Home visitation is a voluntary program for families with children 0-6 years. Home visitors are available to meet with parents to enhance parenting skills, provide information on child development, child health and other aspects of positive family functioning. <b>Please call for more info.</b>
<b>Health for Two</b>	Health for Two offers prenatal information, nutrition supplements (such as milk coupons and prenatal vitamins), and support to at-risk women during their pregnancy and following the birth of their baby. Women in the program have social and economic risks to a healthy pregnancy such as teen pregnancy, low income, poor nutrition, smoking, substance use, language or cultural barriers, or violence in their relationship. The Health for Two program does not depend on or ask about health insurance, and is offered in partnership with Alberta Health Services and Public Health Agency of Canada. <b>Please call for more info.</b>
<b>Collective Kitchen</b>	Participants plan and prepare nutritious meals in bulk to take home. Participants cook in a group setting, learn about nutritious foods and make new friends. This program is available in the North East as well as in the West-end of Edmonton. Facilitated by our own KARA Chef in a friendly and fun atmosphere. <b>Please call to register.</b>
EARLY CHILDHOOD SERVICES	
<b>Creative Play &amp; More</b>	Parent and child (0-3 ½ yrs) playtime. Families can interact and play with their child in a variety of play centers. Siblings are welcome to attend. <b>This is a Drop-In.</b>
<b>My Buddy &amp; Me</b>	Dad and child (0-3 ½ yrs) playtime. Dads can interact and play with their child in a variety of play centers. <b>This is a Drop-In.</b>
<b>Baby Buds</b>	A fun program for babies (12 months and under) and the people that love them! <b>This is a Drop-In.</b>
<b>Teddy Bears' Club</b>	<b>This is a weekly drop-in</b> time for families with young children (0-6 years). We end the evening with a snack and songs or a bedtime story.
<b>Playtime Drop – In</b>	Geared for children 2-5 years. Staff will have a variety of activity centers set up for kids to explore. Parents can watch their children, or join in the fun too! We will end with a circle time of songs and stories. <b>This is a Drop-In.</b>
INFORMATION AND REFERRAL SERVICES	
<b>Toy Lending Library</b>	Toys, books and other developmental learning objects are available for families to borrow and take home to support their child's developmental growth.
<b>Parent Resource Library</b>	A resource library filled with current parenting literature, videos and child development resources is available. A TV/VCR/DVD is available to access visual materials. In addition, a computer with internet access is available for parents to utilize information on the Internet related to parenting and raising children.
<b>Childcare Provider Registry</b>	A registry of local childcare providers is available and updated by Parent Link staff.
<b>Ages &amp; Stages/Nipissing Developmental Screening</b>	Parents can request time to complete this tool with the support of KARA staff. The tool will indicate any delays in their child's development. Parent Link staff can help the family develop a plan to deal with any delays in their child's development.