



6717-132 Ave.,
Edmonton, AB T5C 2A4
W: www.kara-frc.ca

T: 780-478-5396
F: 780-478-1979
E: info@kara-frc.ca

2012 Winter/Spring Programs

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

All programs are free of charge.

**Registrations now
accepted**

parentLINKcentre

Also check out our Website at:

www.kara-frc.ca

Government of Alberta

For all program registrations 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

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

KARA-Main Location (6717 – 132 Ave.)

Caring Families	Tuesdays & Wednesdays	Feb. 28 – May 16	9 am – 3 pm
Triple P • One on One • Group	Please call 780-478-5396 for more information.		
How To Talk So Kids Will Listen	Tuesdays	May 22 – Jun. 26	9:30 – 11:30 am
Nobody's Perfect	Mondays	Feb. 27 – Apr. 2	1 – 3 pm
	Thursdays	Mar. 8 – Apr. 11	6:30 – 8:30 pm
	Tuesdays	May 22 – Jun. 26	9:30 – 11:30 am
Be A Great Dad	Wednesdays	Mar. 7 – Apr. 4	6 – 8:30 pm
Parent to Parent Group ☺	Thursdays	Mar.1, Mar.15, Mar.29	6:30 – 8:30 pm
Introduction to Anger for Women (Not an Anger Management Course)	Thursdays	May 3 – Jun. 7	6:30 – 8:30 pm
FOCIS (Focus On Communication In Separation)	Thursdays	May 17 – May 31	6:30 – 8:30 pm
Collective Kitchen	Please call 780-478-5396 for more information and upcoming dates.		
Creative Play & More ▲ (Parent & Child Drop-In 0 – 6 yrs)	Thursdays starting Jan. 12 Please call the day before to reserve a spot!		9:30 – 11 am
Kids Night Out (Parent & Child Drop-In 0 – 6 yrs)	Mondays starting Jan. 9		6 – 7:30 pm

KARA-Too Location (#108, 5606 - 134A Ave.)

Parenting in Two Cultures ☺ 🔄	Thursdays	Feb. 16 – Apr. 19	9:30 am – 1 pm
How To Talk So Kids Will Listen	Mondays	Feb. 27 – Apr. 2	1 – 3 pm
Nobody's Perfect	Mondays	Jan. 9 – Feb. 13	1 – 3 pm
Introduction to Anger for Women (Not an Anger Management Course)	Tuesdays	Feb. 28 – Apr. 3	1 – 3 pm
Playtime Drop-In (Parent & Child 0-6 years)	Tuesdays	Starting Jan. 10	9:30 – 11 am
Baby Talk (Parent & Infants 0-12 months Drop-In)	Thursdays	Starting Jan. 12	1:30 – 3 pm

Norwood Child & Family Resource Centre (9516 – 114 Ave.)

Me & My Buddy (Dad & Child Drop-In 0 – 6 yrs)	Every Saturday until Jun. 23 Closed on Feb. 18, Apr. 7, May 19		9:30 – 11 am
Be A Great Dad	Wednesdays	May 16 – Jun. 13	5:30 – 8 pm

Beverly Daycare Society (11809 – 48 St.)

Parent to Parent Group ☺	Thursdays	Feb. 23; Mar. 8, Mar. 22	6:30 – 8:30 pm
How To Talk so Kids Will Listen	Wednesdays	Mar. 7 – Apr. 11	6:30 – 8:30 pm

Kids Choice @ Castledown's Daycare & Afterschool (15143 – 121 Street)

How To Talk So Kids Will Listen	Tuesdays	May 15 – Jun. 19	6:30 – 8:30 pm
--	----------	------------------	----------------

☺ Children's Program Available (children 0–6 yrs only)
Please call to register

▲ Limited Space,
please register in advance

🔄 Light meal provided