

Membership

St. Albert Family Resource Centre (FRC) has an annual membership that runs **September 1st to August 31st** and a summer membership that runs from **June 1st to August 31st**.

A member is entitled to:

- Reduced fees on courses and workshops;
- Access to member only programs and events;
- One vote at General Meetings which shall be exercised in person and not by proxy or otherwise.

Membership includes your immediate family (e.g. children, partner & grandparent)

Note: A membership is not required to attend many of our programs and courses.

Subsidies Are Available



Hours of Operation

Monday - Friday

9:00 a.m. - 12:00 p.m.

1:00 p.m. - 4:30 p.m.

10A-215 Carnegie Drive, St. Albert, AB T8N 5B1

Phone: **(780) 459-7377**

Fax: **(780) 459-7399**

E-mail: recpt@stalbertfrc.ca

Website: www.stalbertfrc.ca

FaceBook: www.facebook.com/St.AlbertFRC

Twitter: [@stalbertfrc](https://twitter.com/stalbertfrc)



Funded By



Edmonton & Area
Child & Family Services Authority



United Way
Alberta Capital Region

City of
St. Albert
Family and Community
Support Services



**St. Albert Family
Resource Centre**

GROWING STRONG TOGETHER

Membership and User Fees

Donations

Fundraising

www.stalbertfrc.ca

GROWING STRONG TOGETHER

What is St. Albert Family Resource Centre?

St. Albert Family Resource Centre (FRC) is a thriving and vital non-profit family resource centre serving families in St. Albert and the surrounding communities since 1982.

What Does St. Albert FRC Offer?

The programs at St. Albert FRC fall into two program streams:

- Family Life Education
- Family Support Programs

Over 400 courses and workshops are offered annually through the **Family Life Education** program here at the centre and on an outreach basis. Early Childhood Programs, Child and Youth Programs, Parent Education and Self-Help Programs make up the many courses offered.

Our **Family Support Program** offers one-on-one education, support and referrals to parents or the primary care giver of children. Programs vary in length and intake criteria.

See our website for a full listing of our in-house programs.

Volunteering

We have many volunteer opportunities for individuals to become involved. If you would like to become a part of our team please contact our volunteer coordinator for more information.

Family Life Education

Adult Programs

We offer a wide variety of Parenting & Personal Growth programs that are available on a pre-registered and weekly drop-in basis. From pre-natal to teen, our programs are designed to support & strengthen families through every stage of parenting.

Child and Youth

Our Child & Youth programs are designed to offer school aged children the opportunity to develop new skills and engage in personal growth opportunities, all while enhancing their peer socialization skills. Programs are available in the evenings, during school breaks and non-school days.

Early Childhood Programs

Our Early Learning programs are divided into parented & un-parented courses. They are for children 6 months to 5 years. Through interactive play these programs will focus on a child's developmental domains such as:

- language;
- fine and gross motor skills; and
- social and emotional skills.

Outreach Course

Many of our courses are available on an outreach basis.

Please call for further information.

visit www.stalbertfrc.ca
for current program details

Family Support Program

For Parents

Would you like extra support and information on parenting and child development? We offer families support and encouragement while your children are growing through every stage of development. Newborn, toddler, tween or teen, we have a program unique to every family and their needs.

Home Visitation

The Home Visitation program is a **long**-term family education and support program serving families throughout pregnancy until their child enters kindergarten. This is a free program for residents of St. Albert who meet the intake criteria.

Parent Coach

Do you have a parenting question or concern? The Parent Coach is able to meet with families in the community in many innovative ways on a **short**-term basis. Accessing the Parent Coach can be as easy as making a phone call, setting up a meeting or connecting through email or social media.

Health for Two

Health for Two offers pre and postnatal 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.

Please call the Family Support Program Manager for more information.