



## Edmonton Area Parenting Courses & Resources

### **Triple-P (Positive Parenting Program)**

[Online parenting course | proven to work | Triple P Online](#)

Cost: Free

Online Format

### **The Family Centre**

[Parenting Classes | The Family Centre](#)

Cost: (Group Format- \$50-\$200, Private Session: \$325 per person or couple)

(Subsidies available for group format pricing)

Newborn

Toddlers and Preschoolers

School-age

Teenager

Discipline for children and youth

Positive parenting Strategies

And more

### **BC Council for Families**

[Online Parenting Programs | BC Council for Families \(bccf.ca\)](#)

Cost \$65-\$185

Parenting Skills (0-5) (5-13) & (13-18)

Co-Parenting Divorce

High Conflict Behavioral Skills

Training, Blogs, Books

### **Kara Family Resource Centre**

[KARA Family Resource Centre, Edmonton, Ab \(kara-frc.com\)](#)

Cost: free

Parenting Education

Early Childhood Services

Information/Referral

Family Support Programs

### **Assist Community Services Centre**

<https://assistcsc.org/multicultural-parent-education/>

Offered to newcomers and refugee families with children 0-18

Call 780-429-3111 to Register

Triple P

Youth Parenting Program

Preteen Parenting Program

Fatherhood Initiative Program

Nobody's perfect Parenting Program

### **Family Futures**

[Parent & Caregiver Education — Family Futures Resource Network](#)

Parenting Education for ages 0-18

Drop-in Programs

Camps

Early Childhood Development

Family Mentorship

### **Norwood Child & Family Resource Centre**

[Parent Programs | NorwoodCentre](#)

Cost: Free

Call 780-471-3737 to express interest in upcoming classes or schedule.

Triple P Positive Parenting

Empower U (money management skills)

Brain Architecture

The First Five Years Project

Exploring Emotions

### **YMCA**

[Child and Family Development | YMCA of Northern Alberta](#)

Cost: Free

Call 587-709-5353 or login online to access.

Parent and Caregiver Workshops

### **Multicultural Family Resource Society**

[What We Do — Multicultural Family Resource Society \(mfrsedmonton.org\)](#)

Call 780-250-1771

Ethnocultural Parent-Child Program that provides a safe space for immigrant and refugee families

### **Course for Parents**

[Course For Parents | Alberta](#)

Cost: \$25-\$85

Online Format

Offers Parent Education and Family Stabilization Course

(The completion of this course may be court ordered for parents seeking divorce in Alberta)

### **Bent Arrow**

[Kikosewin Adult – Bent Arrow](#)

Call 780-474-2400 to register

Traditional Parenting – Indigenous parenting and child rearing techniques

Health for Two – helping new mothers transition into motherhood

Dad's group

Growing Together Circle (for caregiver's with kids 0-18)

And more

### **E4C**

<https://e4calberta.org/education-skill-development/earlylearning/>

Preschool and family support program for families with low income

[Parenting Groups & Learning Opportunities](#)

