

Red Deer
Family
Resource
Network

January 2023

Bower Community Centre (85 Boyce Street) &
YMCA (6391-76th Street)
& Online Programs

To register for programs, please contact the person listed under each program:

TIMI.EVERETT@MCMANCENTRAL.CA or 403-896-4820
SHELLSEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419
TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348
NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401
For general program inquiries please contact Lindsey:
LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543

Mon (Bower)	Tue (YMCA)	Wed (Online)	Thu (Bower/Online)	Fri	Sat
2 STAT	3 Youth @ the Y 3:00-5:00 *Shellsey	4	5 Baby Buddies-Bower 9:30-11:30 *Timi Preschool Pals-Bower 1:00-3:00 *Natasha Teen Check In Online 5:00-6:00 *Shellsey	6	Parent Enrichment Programs for Parents/ Caregivers
9 Get Crafty ASQ's & Tip Sheets 9:30-11:30 *Natasha Baby Kindermusik 1:30-3:00 *Shellsey	10 Play & Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey	11 Virtual Art Attack 2:00-3:00 *Timi	12 Baby Buddies-Bower 9:30-11:30 *Timi Preschool Pals-Bower 1:00-3:00 *Natasha	13	ECD Programs for Children Ages 0-6 and their Parents/ Caregivers
16 Get Crafty ASQ's & Tip Sheets 9:30-11:30 *Natasha	17 Play & Learn 9:30-11:30 *Natasha	18 Online Book Club 4:00-5:30 *Shellsey	19 Baby Buddies- Bower 9:30-11:30 *Timi Preschool Pals-Bower 1:00-3:00 *Natasha Teen Check In Online 5:00-6:00 *Shellsey	20	Programs for Youth Ages 7-13
23 Get Crafty ASQ's & Tip Sheets 9:30-11:30 *Natasha Baby Kindermusik 1:30-3:00 *Shellsey	24 Play & Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey	25 Virtual Art Attack 2:00-3:00 *Timi	26 Baby Buddies- Bower 9:30-11:30 *Timi Preschool Pals-Bower 1:00-3:00 *Natasha Teen Check In Online 5:00-6:00 *Shellsey	27	Programs for Youth Ages 14-18
30 Get Crafty ASQ's & Tip Sheets 9:30-11:30 *Natasha Baby Kindermusik 1:30-3:00 *Shellsey	31 Play & Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey				

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Red Deer Family Resource Network : 103, 5214-47 Ave

Mon	Tue	Wed	Thu	Fri	Sat
2 STAT	3 More Winter Fun! 9:30-11:30 *Tammy Stepping Stones Triple P 1:30-3:00 *Tammy	4 Harry Potter Book Club (in-person) 1:30-3:30 *Shellsey	5 Toddler Time 9:30-11:30 *Natasha Empowered Youth 1:30-3:00 *Shellsey	6 Stepping Stones Triple P 9:00-12:00 *Tammy Play Learn Grow 9:30-11:30 *Timi Friday Fun Times 1:30-3:00 *Natasha	7 Bump Club 10:00-11:30 *Timi 
9 Fine Motor Fun 1:30-3:00 *Timi Anger Management 4:00-5:00 *Shellsey Anger Management 5:00-6:00 *Shellsey	10 Ready Set Grow 9:30-11:00 *Timi Art Attack 1:30-3:00 *Timi Stepping Stones Triple P 1:30-3:00 *Tammy	11 Group Triple P 9:30-11:30 *Tammy Teens Time 4:00-6:00 *Shellsey	12 Toddler Time 9:30-11:30 *Natasha Teen Triple P 1:30-3:30 *Tammy	13 Stepping Stones Triple P 9:00-12:00 *Tammy Play Learn Grow 9:30-11:30 *Timi Friday Fun Times 1:30-3:00 *Natasha	
16 Fine Motor Fun 1:30-3:00 *Timi	17 Ready Set Grow 9:30-11:00 *Timi Art Attack 1:30-3:00 *Timi Stepping Stones Triple P 1:30-3:00 *Tammy	18 Group Triple P 9:30-11:30 *Tammy	19 Toddler Time 9:30-11:30 *Natasha Teen Triple P 1:30-3:30 *Tammy Empowered Youth 3:00-5:00 *Shellsey Parents Play Too 6:30-8:30 *Tammy	20 Stepping Stones Triple P 9:00-12:00 *Tammy Play Learn Grow 9:30-11:30 *Timi Friday Fun Times 1:30-3:00 *Shellsey	21 Snowman Saturday 10:00-12:00 *Tammy 
23 Fine Motor Fun 1:30-3:00 *Timi Anger Management 4:00-5:00 *Shellsey Anger Management 5:00-6:00 *Shellsey	24 Ready Set Grow 9:30-11:00 *Timi Art Attack 1:30-3:00 *Timi Stepping Stones Triple P 1:30-3:00 *Tammy	25 Circle of Security 1:30-3:30 *Natasha Teens Time 4:00-6:00 *Shellsey	26 Toddler Time 9:30-11:30 *Natasha Teen Triple P 1:30-3:30 *Tammy Empowered Youth 3:00-5:00 *Shellsey	27 Stepping Stones Triple P 9:00-12:00 *Tammy Play Learn Grow 9:30-11:30 *Timi Friday Fun Times 1:30-3:00 *Shellsey	
30 Fine Motor Fun 1:30-3:00 *Timi Anger Management 4:00-5:00 *Shellsey Anger Management 5:00-6:00 *Shellsey	31 Ready Set Grow 9:30-11:00 *Timi Art Attack 1:30-3:00 *Timi Stepping Stones Triple P 1:30-3:00 *Tammy	<div style="border: 2px solid purple; padding: 10px; text-align: center;"> <p>Street parking is available, but limited. In addition to street parking there are parking spots available at Streams Church 5350-46 Ave (one block North of the Family Resource Network). Please do not park in the parking lots South (old co-op) or West (RDPSD) of the FRN.</p> </div>			

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January Youth & Parent Enrichment Program Info

Harry Potter Book Club In-Person: This is a one-time youth group that gives a chance for Harry Potter lovers to come together. They get a chance to play games, make crafts, meet new witches and wizards, and watch a little bit of the movies. It's for youth ages 7-13yrs old.

Youth @ the Y: This is a program for youth ages 7-13yrs old. It offers a friendly group setting to meet new friends, be creative with art and games, and to play and participate in new activities.

Online Youth Book Club: This is an online Book Club for children ages 7-13yrs old. We read 1-2 chapters a sitting, and then participate in one or two activities after. Home address' are required to deliver the activity envelopes to homes. This month we will be starting Prisoner of Azkaban.

Empowered Youth: This is a youth program for children ages 7-13yrs old. It is a group that will share ways to feel more comfortable with who they are, what they do and like, and how to stand tall and strong in their own bodies. We will be using the Big Life Journals to help us to move forward in our awesome lives.

Youth Anger Management: We are offering a 3-week, one-hour session on how to identify and work on Anger Management. There is a 4:00-5:00pm group for youth ages 7-13yrs old, and then a 5:00-6:00pm group for ages 14-18yrs old. Each week will have a lesson, activity, and chance to be open about Anger Management.

Teens Time: This is a program for teenagers ages 14-18yrs old. We meet and interact with each other, play games, craft, or watch a movie. It gives the teens a chance to meet others and have some fun.

Teen Check-In Online: This one-hour online program is for teens ages 14-18yrs old to connect and check in with how their week has been and how they are feeling. A chance to discuss things that are occurring in their life, whether it be uplifting or challenging.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT SHELLSEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419

Group Triple P: A four week in-person group program, for families of children ages 2-12, with disruptive behaviors. Please contact Tammy for more details and to see if this program is a fit for your family.

Teen Triple P: A four week in-person group program, for families of teens with disruptive behaviors. Please contact Tammy for more details and to see if this program is a fit for your family.

Stepping Stones Triple P: This program is for families of children, ages 2-12, with special needs that have disruptive behaviors. Please contact Tammy for more details as this program is offered 1-1 and not in a group format.

Parents Play Too: Parent focused fun with an evening of activities, games, and/or crafts. This month we will be making **Dahlia paper wreathes (see poster for craft image)**.

ASQ & Tip Sheets: Book some time with Tammy (while at Get Crafty program), to talk about your child's developmental milestones, what to look forward to as they grow, and parenting tips from the Positive Parenting Program (Triple P).

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Circle of Security: The Circle of Security® is an innovative intervention program designed to improve the developmental pathway of children and their parents. As they grow older, secure children become less likely to live in poverty, have legal problems, or experience chronic emotional difficulties. This is an 8-week program and registration is required.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401

January ECD Program Info

Baby Kindermusik: This is an early childhood program for children ages 0-2yrs old. We provide instruments, and we sing songs, play with new friends and sometimes we have a craft to create.

Friday Fun Times: This is an afternoon programs for families with children ages 0-6yrs old. A chance to play with new friends, new toys, make crafts and have a wonderful afternoon. Open and welcoming play time.

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Fine Motor Fun: Cut, scribble, draw, play, and build. Join us on Monday afternoons for activities that promote fine motor development for your little ones. This program is for ages 2-4 years old. Registration is required.

Ready, Set, Grow: Join us on Tuesday mornings for indoor play, table top activities and socialization for yourself and your little. This program is for ages 0-6 years old. Registration is required.

Art Attack: Join us Tuesday afternoons for crafts and indoor play. This program is for ages 3-6 years old. Registration is required.

Virtual Art Attack: Join us virtually to create a new art project on the 11th and 25th. This program is for ages 3-6 years old. Kits containing required supplies will be provided. Registration required at least 48 hours in advance.

Baby Buddies: This program is for our littles (under 18 months). Join us for some socialization for yourself and your little. Meet new friends and enjoy quality time together! Registration is required.

Play, Learn, Grow: Join us for a morning of learning, playing, and growing with your child. This program is for ages 0-6 years old. Registration is required.

Bump Club: Are you pregnant and looking to make some new friends? Join us for a morning of socializing and forming connections with other Moms-to-be. Registration is required by January 4.

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More Winter Fun: Join us at the FRN for some toasty winter fun indoors in our play space. Winter themed crafts and activities for ages 0-6 years and family members.

Snowman Saturday: Snow much fun without going outside in the cold! For families of children ages 0-6 years. Join for a Saturday morning of fun snowman themed activities, crafts, and games!

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Play and Learn: Come join us at the YMCA for some indoor play, crafts, and circle time on Tuesday mornings. Registration is required.

Preschool Pals: Come join us at the Bower Community Hall on Thursday afternoons. There will be different activities each week. Registration is required.

Get Crafty: Come join us for indoor play, crafts, and circle time on Monday mornings at the Bower Community Centre. Registration is required.

Toddler Time: This program is for our littles (18 months and up). A chance to make new friends, learn to problem solve, get creative and have some fun! Registration required.

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