

Red Deer Family Resource Network

September 2024



Parent Enrichment Programs

Special Needs Family Support Group

For parents and caregivers of children with additional needs, disabilities, medical needs, etc. Join us at the FRN Play Space while your children play. A group for connecting, developing support and resources, sharing, and caring. All are welcome, coffee will be on.

DROP IN- NO REGISTRATION REQUIRED

Mondays September 9 & 23. 1:00-4:00

McMan FRN Office: Unit 103, 5214-47 Ave

ASQ's and Triple P Tip Sheets

Want to check in on your child's development and growth, or have questions about various childhood struggles? We offer Ages & Stages Developmental Checklists (ASQs) that can be completed every two months for ages 0-60 months. We also offer Triple P Tip Sheets on a variety of childhood challenges commonly faced by little ones from newborn through Primary School. Just ask our staff for details or look for one of the pop-ups happening each month.

Monday September 16. 9:30-11:30

Bower Community Hall: 85 Boyce Street

Caregiver Connect

A group to support and provide connections for adult caregivers in the support role for children/youth in care, kinship roles, grandparents, step-families. Etc. It's not easy being a caregiver and when you add complexities to this dynamic role, we can often use a little extra support and guidance. Let's be there for one another!

REGISTRATION REQUIRED Contact Tammy to Register

Monday September 23. 9:30-11:30

McMan FRN Office: Unit 103, 5214-47 Ave

Stepping Stones Triple P- One on One

For families of children ages 2-12 with special needs. This program is offered 1:1 over the course of 6-8 weeks (depending on family's need) to provide strategies that help with behavioral concerns. New spots available.

APPOINTMENTS AVAILABLE WITH PRE-REGISTRATION

Tuesdays OR Fridays 9:00-12:00, 1:00-4:00.

McMan FRN Office: Unit 103, 5214-47 Ave

Tammy.Predovic@mcmancentral.ca

403-896-5348

Timi.Everett@mcmancentral.ca

403-896-4820

Parent Self Care

Self-Care is one of the first things to go by the wayside as caregivers, yet one of the most important things we need to be our best selves. This group provides an opportunity for us to discuss various topics of self-care, de-stressing, positivity etc. and part of our time turning our topic into a practical activity for hands-on skill building and strategies for you and your family.

REGISTRATION REQUIRED Contact Tammy

Monday September 9. 9:30-11:30 VIRTUAL

How Money Works & Investing 101

How Money Works: We will have a financial representative coming in to talk about how to overcome the most common financial challenges that people face. Join us for an educational evening and have your money questions answered. **Tuesday September 17. 6:30-8:00**

Investing 101: Are you worried about retirement? Do you just have questions about retirement? Join us for a program with a financial representative that focuses specifically on investing for retirement.

Tuesday September 24. 6:30-8:00

REGISTRATION REQUIRED Contact Timi to Register

McMan FRN Office: Unit 103, 5214-47 Ave

Car Seat Safety

Join us virtually for an information session about car seat safety. **REGISTRATION REQUIRED Contact Timi to Register**

Tuesday September 10. 6:30-8:00

VIRTUAL

Active Parenting of Teens

For parents of preteens and teens, this program provides parents with the skills needed to use effective discipline, teach responsibility, and communicate with their teens.

REGISTRATION REQUIRED Contact Tammy to Register

Thursdays. 1:00-3:00 **NO PROGRAM SEPT 26

McMan FRN Office: Unit 103, 5214-47 Ave



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Group Stepping Stones Triple P

A new option for Stepping Stones! We are now able to offer one of our most popular programs, in group format. This 5-week workshop provides strategies and information to support families of children ages 2-12 with additional needs. Registration required, contact Tammy for details.

REGISTRATION REQUIRED Contact Tammy to Register

STARTS Wednesday September 11. 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

2SLGBTQIA++ Caregiver Support

A carer group to support families of children/youth/teens in the 2SLGBTQIA+ community. We will meet monthly on the last Wednesday evening of each month.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday September 25. 6:30-8:00

McMan FRN Office: Unit 103, 5214-47 Ave

ECD Programs (0-6 Years)

Drop In Stay and Play

Drop in anytime between 9:00 am and 12:00pm for some indoor play and some tabletop activities.

DROP IN- NO REGISTRATION REQUIRED

Mondays 9:00-12:00 **NO PROGRAM SEPT 2 & 30

Bower Community Hall: 85 Boyce Street

Playground Fun

Meet at the playground for some outdoor fun with friends!

REGISTRATION REQUIRED Contact Timi to Register

Monday September 9 & 23. 2:00-4:00 @ Heritage Ranch

Fridays 10:30-12:00 @ Bower Ponds

Potluck Picnic

Join us at Discovery Canyon for a potluck style picnic (bring your fave cold lunch item or snack to share) and play time for your kids. A chance to meet other families, connect, and play. Please register by September 12th, so we can update potluck numbers accordingly.

REGISTRATION REQUIRED Contact Tammy to Register

Monday September 16. 1:00-4:00

Discovery Canyon

Online Story Time

Would you like to cool down and have someone read your littles some stories? Miss Shellsey loves to read books with her little friends, and she can do it online. For ages 3-6yr olds.

REGISTRATION REQUIRED Contact Shellsey to Register

Mondays 1:00-3:00 **NO PROGRAM SEPT 2 & 30

VIRTUAL

Parent Resource Library

A NEW virtual program for families. We have a lot of resources for different family needs that we would love to show you. Log on with Tammy to ask your questions about resources for activities to do with your kids, Tips for managing behaviors, Tips for developmental needs, Ways to connect and build developmental skills with your child, etc. **REGISTRATION REQUIRED**

Contact Tammy to Register.

Wednesday September 4. 10:00-12:00 VIRTUAL

Anger Management for Families

Anger is a healthy emotion that everyone feels at one time or another; however, when it begins to impact our relationships, parenting, and daily lives, it may be time to look at strategies to help manage it better. Join us for this 8-week workshop (for adult caregivers) where we discuss what anger is, how it impacts us, strategies, and a coping plan to help us deal with this emotion (and others) in a more positive way.

REGISTRATION REQUIRED Contact Tammy to Register

Thursdays. 6:00-8:00 **NO PROGRAM SEPTEMBER 26

McMan FRN Office: Unit 103, 5214-47 Ave

For General Program Inquiries or Information on our In-home Family Support Program:

Lindsey.Diebolt@mcmcentral.ca

or

403-896-6543

Baby & Me

Ages 0-18mths. Learn, play and grow with baby while connecting with other caregivers.

REGISTRATION REQUIRED Contact Natasha to Register

Mondays 1:00-3:00 **NO PROGRAM SEPT 2 & 30

Bower Community Hall: 85 Boyce Street

Let's Have Fun

Monday's can be rough to start. Why not try joining our morning program? We play with toys and friends, and have some exploration with craft and sensory toys. Like it says... Let's have fun!!!

REGISTRATION REQUIRED Contact Shellsey to Register

Mondays 9:30-12:00. **NO PROGRAM SEPT 2 & 30

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Timi.Everett@mcmcentral.ca

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Natasha.Wilton@mcmcentral.ca

403-896-6401

Tammy.Predovic@mcmcentral.ca

403-896-5348

Shellsey.Blandin@mcmcentral.ca

403-396-3419

Stroller Strides

Come join in a walk with your stroller around either Bower Ponds or Heritage Ranch with your babe, let's get active together. Sept 3 – Bower Ponds, Sept 10 – Heritage Ranch, Sept 17 – Bower Ponds, Sept 24 – Heritage Ranch. We will be leaving for our walk by 1:05pm.

REGISTRATION REQUIRED Contact Natasha to Register
Tuesdays 1:00-2:30

Playground Pals

Come join us for some outdoor play. We will be meeting up at a different park around Red Deer each week. Sept 3 - Bower Ponds, Sept 10 – Heritage Ranch, Sept 17 – Bower Ponds, Sept 24 – Heritage Ranch

REGISTRATION REQUIRED Contact Natasha to Register
Tuesdays. 2:30-4:00.

Babes n' Tots

Join us for a morning to meet new friends and have some indoor fun.

REGISTRATION REQUIRED Contact Natasha to Register
Wednesdays. 9:30-11:30 ****NO PROGRAM SEPT 11 & 18**
McMan FRN Office: Unit 103, 5214-47 Ave

Playground Fun

Come join us at the playground for some outdoor fun. Let's burn some energy. Sept 4 – Bower Ponds, Sept 18 – Heritage Ranch, Sept 25 – Bower Ponds.

REGISTRATION REQUIRED Contact Natasha to Register
Wednesdays ****NO PROGRAM SEPT 11**

Art in the Park

Join us for an art project at McKenzie Trails and some fun at the park. This program is for ages 3-6.

REGISTRATION REQUIRED Contact Timi to Register
Wednesday September 25. 9:30-11:30
McKenzie Trails

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 Contact Natasha to Register
Thursdays. 9:30-11:30 ****NO PROGRAM SEPT 19**
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403-896-6401

Tammy.Predovic@mcmancentral.ca
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Shellsey.Blandin@mcmancentral.ca

Play & Learn

Come join us at the YMCA for some indoor play, crafts, and circle time on Tuesday mornings.

REGISTRATION REQUIRED Contact Natasha to Register
Tuesdays 9:30-11:30
YMCA (Northside Community Centre) 6391-76 Street

Fine Motor Fun

Cut, scribble, draw, play, and build. Join us on Tuesday afternoons for activities that promote fine motor development for your little ones. This program is for ages 2-4 years old.

REGISTRATION REQUIRED Contact Timi to Register
Tuesdays. 1:00-2:30 ****NO PROGRAM SEPT 3**
McMan FRN Office: Unit 103, 5214-47 Ave

Discover Time

This is an early childhood program with parents who have children ages 0-6yrs old. Every week we explore different themes with crafts, games, coloring, and play.

REGISTRATION REQUIRED Contact Shellsey to Register
Tuesdays 9:30-12:00
McMan FRN Office: Unit 103, 5214-47 Ave

Walk & Talk

Join us for a walk and some park play. We will be at a different location each week! Sept 4 – Bower Ponds, Sept 18 – Heritage Ranch, Sept 25 – Bower Ponds. We will be leaving for our walk at 1:05pm.

REGISTRATION REQUIRED Contact Natasha to Register
Wednesdays. 1:00-2:30 ****NO PROGRAM SEPT 11**

Virtual Bedtime Stories

Let's read some stories together while we start to settle down for bedtime.

REGISTRATION REQUIRED Contact Timi to Register
Wednesdays. 6:30-7:00 OR 7:00-7:30
****NO PROGRAM SEPT 4**

**For General Program Inquiries or Information on
our In-home Family Support Program:**

Lindsey.Diebolt@mcmancentral.ca

or

403-896-6543

Playground Discovery

Play, play, play. Let's learn things while we play. Join Miss Shellsey at Heritage Ranch from 1:00-3:00 on the 5th, 12th, 26th to play on the playground, play with outdoor toys and games, and participate in some outdoor table activities. Let's have some playing outdoors together.

REGISTRATION REQUIRED Contact Shellsey to Register
Thursdays. 1:00-3:00 ****NO PROGRAM SEPT 19**

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 REQUIRED Contact Timi to Register

Thursdays 9:30-11:30

Bower Community Hall: 85 Boyce Street

Online Art Time

Do you love art? Glue, coloring, cutting, it's just so much fun. Join her for some creative time. We do need your home address at registration, due to delivery of craft bags. For families with children ages 3-6yrs old.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursdays. 11:00-12:00 **NO PROGRAM SEPT 19

Happy Wanderers

Join us for a walk around different parks with our littles. We will end our walk with some park play. Sept 6– Kin Canyon, Sept 13 – McKenzie Trails, Sept 20 – Heritage Ranch, Sept 27 – Bower Ponds. We leave for our walk at 1:05pm.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays

Outdoor Fun

Come join us for some playground fun while the kids burn some energy. Sept 6- Kin Canyon, Sept 13 – McKenzie Trails, Sept 20 – Heritage Ranch.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays. 2:30-4:00 **NO PROGRAM SEPT 27

Friday Fun Times

This is an afternoon park program for families with children ages 0-6yrs old. We will have fun at Heritage Ranch playground/field, from 1:00-3:00pm on Friday the 13th. Miss Shellsey will also be bringing some outdoor toys and activities to participate in. Fun Times!

REGISTRATION REQUIRED Contact Shellsey to Register

Friday September 13. 1:00-3:00

Playground Fun

Come join us at the playground for some outdoor fun. Let's burn some energy. Sept 9 & 23– Heritage Ranch, Sept 20 & 27 – Bower Ponds

REGISTRATION REQUIRED Contact Timi to Register

Fridays. 10:30-12:00

**For General Program Inquiries or Information
on our In-home Family Support Program:**

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or

403-896-6543

Drop In Play Pals

Drop in anytime between 1:00pm-4:00pm for indoor play and tabletop activities.

DROP IN– NO REGISTRATION REQUIRED

Thursdays 1:00-4:00

Bower Community Hall: 85 Boyce Street

Park to Play

Would you like to take the kids and explore the playgrounds? I want to, and I hope that you will join me. We will meet at Rotary Rec Park, run around, play and have a good time.

REGISTRATION REQUIRED Contact Shellsey to Register

Fridays 9:30-12:00 **NO PROGRAM SEPT 20

Little Friends

Come join us to explore our FRN play space and connect with new friends and families.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays

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Natasha.Wilton@mcmancentral.ca

403-896-6401

Shellsey.Blandin@mcmancentral.ca

403-396-3419

Play Learn Grow

Join us for an afternoon of learning, playing, and growing with your child. This program is for ages 0-6 years old.

REGISTRATION REQUIRED Contact Timi to Register

Fridays. 1:30-3:00 **NO PROGRAM SEPT 6 & 27

McMan FRN Office: Unit 103, 5214-47 Ave

Strollercize

Join us for a walk with your littles in strollers. This is a great chance to socialize with other parents while enjoying some of the great trails that Red Deer has to offer. We will leave for our walks at 9:05.

REGISTRATION REQUIRED Contact Timi to Register

Fridays. 9:00-10:30 Bower Ponds



Youth Programs

Youth Anger Management

Does your youth struggle with Anger? Would you like for them to learn what anger is? How does anger happen? What to do when anger happens? If your youth is between the ages of 10-13yrs old, we have an Anger Management course that runs 3 Mondays from 4:00-5:30pm. What is Anger? What does Anger look and feel like? How can I express my Anger in a healthy way?

REGISTRATION REQUIRED Contact Shellsey to Register

Mondays 4:00-5:30 **NO PROGRAM SEPT 2 & 30

McMan FRN Office: Unit 103, 5214-47 Ave

Homeschool Connections

Does your family homeschool? Would you like your children to meet and play with some new friends? Would you like to meet other homeschooling parents? Join Miss Timi and Miss Shellsey and make some connections!

REGISTRATION REQUIRED Contact Shellsey to Register

Wednesdays. 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

LEGO

Imagination or following step by step...CREATE! This program is for youth ages 7-13yrs of age, on Thursday 5, 12, 26th from 4:00-6:00. The youth can come and create with the LEGO we have or can bring box sets or creations that they are working on at home. **REGISTRATION REQUIRED**

Contact Shellsey to Register

Thursdays. 4:00-6:00. **NO PROGRAM SEPT 19

Teen Programs

Teens @ the Park

An inclusive youth and teen program that offers a fun space where you can play games, hang out, get creative, listen to your fave music, get connected. Different outdoor activities each week, i.e. hotdog roast, outdoor games, etc.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesdays 4:00-6:00. **NO PROGRAM SEPT 18

Rotary Park

Emotional Regulation for Teens

Stress, Worry, Sadness, Anger. All four of these are healthy emotions but they can still get in our way at times. Join us for a program to help teens talk, problem solve, reframe, and cope with these big emotions, and develop strategies to manage them. Ages 14-18.

REGISTRATION REQUIRED Contact Tammy to Register

Thursdays 4:00-5:30. **NO PROGRAM SEPT 26

McMan FRN Office: Unit 103, 5214-47 Ave

After School Frenzy

This program is at the YMCA on Tuesday afternoons, from 3:00-5:00pm for youth ages 7-13yrs in the Arts and Culture room. It offers a friendly group setting to meet new friends, be creative with art and games, and to play and participate in new activities.

REGISTRATION REQUIRED Contact Shellsey to Register

Tuesdays. 3:00-5:00

YMCA (Northside Community Centre) 6391-76 Street

Online Book Club

Love to read? Absolutely love to read? Between the ages of 8-13yrs? Looking for young book lovers to join Miss Shellsey online to read a book together and discuss it. Families must be able to log into Microsoft Teams for the video and sound to work.

Families will need to either purchase or use the library in order to get a copy of the book we will be reading.

REGISTRATION REQUIRED Contact Shellsey to Register VIRTUAL

Wednesdays. 4:00-5:30 **NO PROGRAM SEPT 18

Arty Art Art

Art is awesome. Trying new kinds of art is interesting. Arty Art Art is a youth group for artists 9-13yrs of age to explore new and interesting creations of art. We will try new styles, new techniques, and have some fun doing it.

REGISTRATION REQUIRED Contact Shellsey to Register

Wednesdays. 6:00-8:00 **NO PROGRAM SEPT 11 & 18

McMan FRN Office: Unit 103, 5214-47 Ave

Youth in the Park

No School for some today! Let's meet at Heritage Ranch if you're between the ages of 7-13. We can play on the playground, play some outdoor games, and make some crafts while enjoying the outdoors!

REGISTRATION REQUIRED Contact Shellsey to Register

Friday September 20. 12:30-3:30

Heritage Ranch

Tammy.Predovic@mcmancentral.ca

403-896-5348

Shellsey.Blandin@mcmancentral.ca

403-396-3419

Teen Board Games

Wizard's Loft Game Café is a fun space that provides access to over 500 types of board games that can be played 1:1 or with multiple friends. Each month they host our Tabletop gang to gather and play board games, so whether you are new to the group, or a board game 'geek' Join us for fun, make friends, bring friends.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday September 18. 4:30-7:00

Wizards Loft