

Red Deer Family Resource Network



July 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 July 15 and 29. 1:00-4:00

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.

APPOINTMENTS AVAILABLE WITH PRE-REGISTRATION

Tuesdays and Fridays 9:30-4:00

McMan FRN Office: Unit 103, 5214-47 Ave

Fear Less Triple P

A 6-week group program, for families of youth ages 6-14 with anxiety. Each week we will focus on new strategies to help families manage through Anxiety. Please contact Tammy for more details and to see if this program is a fit for your family.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesdays July 3, 10, 31. 1:00-3:00

Wednesday July 17. 2:30-4:00 **NO PROGRAM JULY 24

McMan FRN Office: Unit 103, 5214-47 Ave or VIRTUAL

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! Teams).

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday July 10. 10:00-12:00

VIRTUAL

Tammy.Predovic@mcmancentral.ca

403-896-5348

Parent Pop Up & Play Time

Hey caregivers! We have another fun activity for the adults to do (Yarn Tree of Life) while the kids play.

REGISTRATION REQUIRED Contact Tammy to Register

Tuesday July 2. 1:00-4:00

McMan FRN Office: Unit 103, 5214-47 Ave

Parent Self Care

We will spend part of our time discussing 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 to Register by June 27.

Wednesday July 3. 9:00-11:00

VIRTUAL

Discussion Group Triple P

For families of children ages 0-6. A weekly parent and caregiver discussion group that focuses on common parenting struggles, concerns, and strategies to support. Each week is a different topic. Parents have the opportunity to visit and share while your little ones play. This month's topics will include Dealing with disobedience, Managing fighting and aggression, Developing good bedtime routines, and Hassle free shopping with children.

REGISTRATION REQUIRED Contact Tammy to Register

Thursdays 10:00-12:00 **NO PROGRAM JULY 4 or 25

McMan FRN Office: Unit 103, 5214-47 Ave

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 special needs.

REGISTRATION REQUIRED Contact Tammy to Register

Thursdays 1:00-3:00 **NO PROGRAM JULY 4 or 25

VIRTUAL

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. ASQ's and Tip Sheets Available July 15 & 29

DROP IN– NO REGISTRATION REQUIRED

Mondays 9:00-12:00 **NO PROGRAM JULY 1

Bower Community Hall: 85 Boyce Street

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

Play & Learn

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

REGISTRATION REQUIRED Contact Natasha to Register

Tuesdays 9:30-11:30

YMCA (Northside Community Centre) 6391-76 Street

Muscle & Movement

Join us at Heritage Ranch Playground for some fun at the park.

REGISTRATION REQUIRED Contact Timi to Register

Monday, July 8. 3:00-4:00

Heritage Ranch Playground

Art in the Park

Join us for an art project at McKenzie Trails and then spend some time playing at the playground. This program is for ages 2-6.

REGISTRATION REQUIRED Contact Timi to Register

Friday July 26. 9:30-11:30

McKenzie Trails

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 JULY 1

Bower Community Hall: 85 Boyce Street



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

Meet me at the Park!

Fun activities in YOUR neighbourhood!

DROP IN– NO REGISTRATION REQUIRED

Tuesday July 2 AND Friday July 5 @ Eastview Estates Activity Centre. 120 Ellenwood Drive

Tuesday July 9 AND Friday July 12 @ St.Lorenzo School. 150 Kingston Drive

Tuesday July 16 AND Friday July 19 @ Don Campbell School. 99 Irving Crescent

Tuesday July 23 AND Friday July 26 @ Clearview Meadows. 93 Cornett Drive

Tuesday July 30 @ Mountview Sunnybrook. 4316-32 Street

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Natasha.Wilton@mcmancentral.ca

403-896-6401

Tammy.Predovic@mcmancentral.ca

403-896-5348

Shellsey.Blandin@mcmancentral.ca

403-396-3419

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 JULY 17 or 31

McMan FRN Office: Unit 103, 5214-47 Ave

Playground Fun

Meet at the Bower Ponds playground for some outdoor fun with friends!

REGISTRATION REQUIRED Contact Timi to Register

Wednesdays 10:30-12:00

****NO PROGRAM JULY 10 or 17**

Bower Ponds Playground

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 JULY 1

McMan FRN Office: Unit 103, 5214-47 Ave

Happy Wanderers

Join us for a walk around different parks with our littles. We will end our walk with some park play. July 5– Kin Canyon, July 19 – McKenzie Trails, July 26 – Heritage Ranch. We leave for our walk at 1:05pm.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays 1:00-2:30. **NO PROGRAM JULY 12



Provincial Family
Resource Networks

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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.

REGISTRATION REQUIRED Contact Timi to Register

Monday July 8. 1:30-3:00 @ Heritage Ranch

Wednesdays 9:00-10:30 @ Bower Ponds

****NO PROGRAM JULY 17**

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 9:30-11:30

McMan FRN Office: Unit 103, 5214-47 Ave

Online Art Time

Miss Shellsey loves art! Do you love art? Glue, coloring, cutting, it's just so much fun. Join her for some creative time. Do need your home address at registration, due to delivery of craft bags. For families with children ages 3-6yrs old and must be able to log into Microsoft Teams for the video and sound to work

REGISTRATION REQUIRED Contact Shellsey to Register

Tuesdays 12:30-1:30. **NO PROGRAM July 16 or 23

Online Story Time

Do your littles like stories? Miss Shellsey loves stories, and she would love to share some stories with you!! Join her online for an hour of her awesome storytelling. For families with children ages 2-6yrs old and must be able to log into Microsoft Teams for the video and sound to work.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursdays 1:00-2:00

Sensory Time

Sensory play is a great way for children to use all five senses at once! Parent and their children will have fun playing in a new sensory bin that explores different textures, colours and themes that spark the imagination. This program is for children 2 and up.

REGISTRATION REQUIRED Contact Natasha to Register

Thursdays 9:30-11:30. **NO PROGRAM July 18

McMan FRN Office: Unit 103, 5214-47 Ave

Play Around Town

Would you like to take the kids and explore the playgrounds around town? I want to, and I hope that you will join me. Once a week we will meet at a different park, run around, play and have a good time. Register with Miss Shellsey and join the exploration. Some of the parks are Barrie Wilson, Don Campbell, Henri Voisin, and Holy Family school parks.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursdays 9:30-11:30

Playground Pals

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

REGISTRATION REQUIRED Contact Natasha to Register

Wednesdays 2:30-4:00.

****NO PROGRAM JULY 17 or 31**

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 July 5 and July 12

McMan FRN Office: Unit 103, 5214-47 Ave

Youth Programs

Summer Siesta (Youth)

This youth (ages 7-13) program 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

Walk & Talk

Join us for a walk and some park play. We will be at a different location each week! July 3 – Bower Ponds, July 10 – Heritage Ranch, July 24 – Heritage Ranch. We will be leaving for our walk at 1:05pm.

REGISTRATION REQUIRED Contact Natasha to Register
Wednesdays 1:00-2:30. **NO PROGRAM JULY 17

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 9:30-11:30 **NO PROGRAM JULY 12

McMan FRN Office: Unit 103, 5214-47 Ave

Outdoor Fun

Come join us for some playground fun while the kids burn some energy. July 5- Kin Canyon, July 19 – McKenzie Trails.

REGISTRATION REQUIRED Contact Natasha to Register
Fridays July 5 and July 19

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. Miss Shellsey will also be bringing some outdoor toys and activities to participate in. Fun Times!

REGISTRATION REQUIRED Contact Shellsey to Register

Fridays 1:00-3:30. **NO PROGRAM JULY 26

Heritage Ranch

Youth Bike Ride

Would you like to get out and ride your bike on Monday afternoons? Miss Shellsey would like to, how about joining her. Mondays from 1:00-3:00pm, for youth aged 7-13yrs, we will start at the McMan office and go for a bike ride. New paths, new areas, new friends. Everyone who joins will need to bring and wear their helmet and bring a water bottle.

REGISTRATION REQUIRED Contact Shellsey to Register

Mondays 1:00-3:00. **NO PROGRAM JULY 1

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Fight the Fear

This is a youth program for children ages 10-13yrs old. It is a two session group that will help the child to recognize what anxiety feels like for them, what are their triggers, and what they can do to get through an attack and feel better about themselves. We try to have a very calm space and let everyone join in and share with us how they feel, and they feel when having an attack.

REGISTRATION REQUIRED Contact Shellsey to Register
Tuesdays July 16 and July 23 12:30-2:00
McMan FRN Office: Unit 103, 5214-47 Ave

Artist Afternoon

Art is awesome. Trying new kinds of art is interesting. Artists Afternoon 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
Thursdays 3:00-5:00
McMan FRN Office: Unit 103, 5214-47 Ave

Family Events

Potluck Picnic

Join us at McKenzie Trails 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 July 18th so we can update potluck numbers accordingly.

REGISTRATION REQUIRED Contact Tammy to Register
Monday, July 22. 1:00-4:00
McKenzie Trails

Family Walk

Do you want to get out and go for a fun walk? Are your children in strollers, wagons, or walking themselves? Join Miss Shellsey at the start point of Heritage Ranch and go for a fun walk in the WILD. Adventure, fun and wilderness to be shared.

REGISTRATION REQUIRED Contact Shellsey to Register
Wednesdays. 9:30-11:30 **NO PROGRAM JULY 10 or 17.

Reading in the Park

Love to read, absolutely love to read. Looking for young book lovers to join Miss Shellsey in City Hall Park (downtown library if raining). Bring the book or books you are currently reading and read with us. We will share the book that we are currently reading and then spend some time reading. **YOUTH READERS UNITE!**

REGISTRATION REQUIRED Contact Shellsey to Register
Wednesdays 1:00-3:00 .NO PROGRAM JULY 17**

Teen Programs

Teens @ the Park

For July we are combining Teens @ the Park and Unicorn Society, 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 (rain or shine), i.e. hotdog roast, outdoor games, etc. **REGISTRATION REQUIRED**

Contact Tammy to Register
Wednesdays 4:00-6:00.

****NO PROGRAM JULY 17 or 24**

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
Thursday July 18 3:30-6:00 AGES 13-17
Wizards Loft

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

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