



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|--|
| | | | | | | 1 |
| 0-6 7-13 13+ Family Parent Education | | | | | | |
| 2 | 3 Books & Cooks (BLFDS) 10-11:30 IRJC 12-12:30 Touch A Truck (ALIX) 5:30 | 4 7 Grandfather's Teachings (LAC) 1:30-3 E-Connect 6:30-8 | 5 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 | 6 Snack Attack (BENT) 3:45-5 | 7 Facilitator PD Day | 8 |
| 9 | 10 Baby Buddies (BLFDS) 10-11:30 | 11 7 Grandfather's Teachings (LAC) 1:30-3 Fight the Fear (LAC) 7-8:30 E-Connect 6:30-8 | 12 McMan Staff Wellness Day | 13 Snack Attack (BENT) 3:45-5 | 14 Art Attack (BLFDS) 10-12 | 15 Special Edition *Father's Day* Saturplay (LAC) 10-12 |
| 16 | 17 Books & Cooks (BLFDS) 10-11:30 Moms Matter (LAC) 1-3 | 18 Preschool Pals (LAC) 9:30-11:30 7 Grandfather's Teachings (LAC) 1:30-3 Art Attack (LAC) 3:30-5 E-Connect 6:30-8 | 19 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 Moms Matter (BLFDS) 1-3 | 20 Special Needs Support Group (LAC) 9-11 Snack Attack (BENT) 3:45-5 | 21 National Indigenous Peoples Day Event (Details TBA) | 22 |
| 23/30 | 24 Baby Buddies (BLFDS) 10-11:30 Moms Matter (BENT) 1-3 | 25 Baby Buddies (LAC) 10-11:30 Fight the Fear (LAC) 7-8:30 E-Connect 6:30-8 | 26 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 Moms Matter (CLIVE) 1-3 Potluck & Play (BENT) 5:30-7:30 | 27 | 28 | 29 |



REGISTRATION REQUIRED FOR ALL PROGRAMS (unless otherwise specified)

To register/information:

frnlacombe@gmail.com

403.896.3915

Baby Buddies: For caregivers and only babies 0-18 months. Learn, play, and grow with baby while connecting with other caregivers.

Preschool Pals: For caregivers and preschoolers. Play, do a craft, listen to a story. A great opportunity to be creative, learn a few things and make some new friends!

Books & Cooks: A time for preschoolers and their caregivers to explore healthy cooking, with literacy, in a fun and relaxing way.

7 Grandfather's Teachings: As a lead up to National Indigenous Peoples Day we will explore one of the 7 Grandfather's Teachings each week. **Respect, Humility, Bravery, Honesty, Love, Wisdom, and Truth.**

Art Attack: An opportunity to explore a variety of creative, open-ended art avenues. Prepare to have fun and get messy! Two opportunities this month, Blackfalds AND Lacombe.

Snack Attack: If you're 7-13 years old and in Bentley, come to the community centre after school and make some healthy snacks with your friends!

Fight the Fear: Designed for 10-13 year olds, this 2 session program will help your child recognize what anxiety feels like for them, what their triggers are, how they can get through an attack, and feel better about themselves.

Moms Matter: Come enjoy time with other moms doing something for YOU while the kiddos play!

Special Needs Support Group: Support and care for caregivers of those with special needs, as well as a time of interaction and play for the children. Alternating locations between Lacombe and Blackfalds.

***Registration Closed* E-Connect:** A 9-week program (Zoom) to help parents and caregivers of pre-teens and teens who struggle with issues that make it difficult for them to do well at home, at school, and in their community. Each session provides parents with a new perspective on parent-teen relationships and adolescent development.

Saturplay: Saturday morning play, muffins, and coffee. Meet other families while you're here! Special Father's Day focus this month!

Potluck & Play: Join us for supper, games, and a chance to meet other families in the community. (Bentley)

Touch A Truck: Held at Alix-MAC School from 5:30-dusk. BBQ, carnival games, facepainting, FREE fun for the whole family!

National Indigenous Peoples Day Event: Details TBA.

LOCATIONS (unless otherwise specified):

Alix: Alix & Area Community Resource Centre - 5008 50 Ave.

Bentley: Bentley Town Office - 4918 50 Ave.

Blackfalds: Blackfalds Community Centre - 4810 Womacks Rd.

Clive: Clive Baptist Church - 4716 50 St.

Lacombe: ***FRN Office - #1102-4876A 46 St.*** (right beside Painted Earth)

Mirror: Mirror Community Library - 5003 50 Ave.