

Red Deer Family Resource Network

October 2024



Alberta
Provincial Family
Resource Networks

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 October 7 & 21. 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 October 28. 9:30-11:30

Bower Community Hall: 85 Boyce Street

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.

Monday October 21. 10:00-12:00 VIRTUAL

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

Natasha.Wilton@mcmancentral.ca

403-896-6401

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 by October 3. Contact Tammy
Monday October 7. 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. **Monday October 21. 7:00-8:30**

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.

Monday October 28. 7:00-8:30

**REGISTRATION REQUIRED Contact Timi to Register
McMan FRN Office: Unit 103, 5214-47 Ave**

Parent Pop Up

Hey caregivers! We have another fun activity for the adults to do while the kids play. Limited spots.

**REGISTRATION REQUIRED Contact Tammy to Register
Monday October 28. 1:00-3:30**

McMan FRN Office: Unit 103, 5214-47 Ave

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.

Limited Childcare spots available.

**REGISTRATION REQUIRED Contact Natasha to Register
Tuesdays. 1:30-3:30. STARTS October 8– November 19.
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
Wednesday October 16. 6:30-8:00 VIRTUAL
VIRTUAL**

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

STARTS Wednesday October 23. 1:00-3:00

VIRTUAL

2SLGBTQIA++ Caregiver Connect

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 October 30. 6:30-8:00

McMan FRN Office: Unit 103, 5214-47 Ave

Building Connections (for Dads and Littles)

Drop-in play for dads and their kiddos. We will have lots of building opportunities and activities for families to engage in at our FRN Space.

REGISTRATION REQUIRED Contact Tammy to Register

Saturday October 5. 9:00-11:30 and 1:00-3:30

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 OCTOBER 14

Bower Community Hall: 85 Boyce Street

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

Monday October 7. 1:30-3:30

McKenzie Trails

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

Group Teen Triple P

For families of teens ages 13+ with behavioral concerns. Connect with Facilitator and other families to discuss strategies to support your family's needs. This is a 4-week workshop with connections to support an additional 4 weeks, as needed.

REGISTRATION REQUIRED Contact Tammy to Register

STARTS Thursday October 24. 1:00-3:00

VIRTUAL

Meal Prep Group

Fall is here and time to get organized! A monthly meal planning and prep group for families. Bring your kids to play while we prep. Each month we will talk about different strategies to make life easier, meal planning and prep, come up with weekly and monthly meal plans as a group, recipe share, and maybe try out a recipe to sample. Limited spots, registration deadline is October 24th.

REGISTRATION REQUIRED Contact Tammy to Register

Thursday October 31. 9:30-11:30

Bower Community Hall: 85 Boyce Street

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 OCTOBER 14

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 REQUIRED Contact Natasha to Register

Tuesdays 9:30-11:30

YMCA (Northside Community Centre) 6391-76 Street

Little Adventurers

Join us for some nature exploration! The first hour we will be on the trails and the last hour we will have some fun at the playground.

REGISTRATION REQUIRED Contact Timi to Register

Wednesdays October 9 & 30. 9:30-11:30

Heritage Ranch

Timi.Everett@mcmcentral.ca

403-896-4820

Natasha.Wilton@mcmcentral.ca

403-896-6401

Tammy.Predovic@mcmcentral.ca

403-896-5348

Shellsey.Blandin@mcmcentral.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 October 2 & 9. 9:30-11:30

McMan FRN Office: Unit 103, 5214-47 Ave

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. **NO PROGRAM OCTOBER 31

Bower Community Hall: 85 Boyce Street

Drop In Preschool 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 **NO PROGRAM OCTOBER 31

Bower Community Hall: 85 Boyce Street

HALLOWEEN BASH!

Join us for an afternoon Halloween party. Come in your costume if you wish! Registration is required.

REGISTRATION REQUIRED Contact Natasha to Register

Thursday October 31 1:00-4:00

Bower Community Hall: 85 Boyce Street

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

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. Oct 4- Bower Ponds, Oct 11 - Heritage Ranch, Oct 18- Bower Ponds, Oct 25 - Heritage Ranch. We leave for our walk at 1:05pm.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays. 1:00-2:30

Timi.Everett@mcmancentral.ca

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Tammy.Predovic@mcmancentral.ca

403-896-5348

Shellsey.Blandin@mcmancentral.ca

403-396-3419

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

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. Oct 10, 24, 31.

REGISTRATION REQUIRED Contact Natasha to Register

Thursdays 9:30-11:30 **NO PROGRAM OCTOBER 3 & 7

McMan FRN Office: Unit 103, 5214-47 Ave

Sensory Path

An outdoor walk, for sensory development for your little one. The group is for families with children ages 0-6yrs of age. We will meet at Bower Ponds, and go for a nature walk, and while walking we will be looking for specific items in nature to explore with our senses. A great sensory filled time for all.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursdays 1:00-3:00 **NO PROGRAM OCTOBER 3 & 17

Bower Ponds

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 ** NO PROGRAM OCTOBER 11

Bower Ponds

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

Lindsey.Diebolt@mcmancentral.ca

or

403-896-6543

Gross Motor Fun

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

REGISTRATION REQUIRED Contact Timi to Register

Fridays. 10:30-12:00 **NO PROGRAM OCTOBER 11

Playground Pals

Come join us for some outdoor play. We will be meeting up at a different park around Red Deer each week. Oct 4 - Bower Ponds, Oct 11 – Heritage Ranch, Oct 18 – Bower Ponds, Oct 25 – Heritage Ranch.

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

Fight the Fear

This is a youth program for children ages 10-13yrs old. It is a three-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 are feeling, and they feel when in an attack.

REGISTRATION REQUIRED Contact Shellsey to Register
Mondays. 4:00-6:00 **** NO PROGRAM OCTOBER 14**
McMan FRN Office: Unit 103, 5214-47 Ave

Online Book Club

This is an online Book Club for children ages 7-13yrs old. We read 2-3 chapters in a sitting, and then participate in one or two activities after. Home address' are required to deliver any activity envelopes to homes. The group is through Microsoft Teams. Lets share the love of reading and imagination.

REGISTRATION REQUIRED Contact Shellsey to Register
Wednesdays. 4:00-5:30
VIRTUAL

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 OCTOBER 2 & 16**
McMan FRN Office: Unit 103, 5214-47 Ave

Halloween Art

This is a Saturday program for youth ages 9-13yrs of age. We will then create some spooky and funny Halloween art. All the art will be taken home at the end of the group.

REGISTRATION REQUIRED Contact Shellsey to Register
Saturday October 26. 9:30-11:30
McMan FRN Office: Unit 103, 5214-47 Ave

Natasha.Wilton@mcmancentral.ca

403-896-6401

Shellsey.Blandin@mcmancentral.ca

403-396-3419

Little Builders

Come create something awesome. We will be building with blocks of all sorts! This program is for ages 2-6.

REGISTRATION REQUIRED Contact Timi to Register
Fridays October 4 & 18. 1:30-3:30
McMan FRN Office: Unit 103, 5214-47 Ave

Youth Programs

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

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

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 also explore people and things that can lift us up or who have been empowering. There are weekly journals, readings, creating and discussion.

REGISTRATION REQUIRED Contact Shellsey to Register
Thursdays. 4:00-6:00. ****NO PROGRAM OCTOBER 17 & 31**
McMan FRN Office: Unit 103, 5214-47 Ave

Youth Board & Card Game Night

This is a night for youth ages 7-13yrs of age. We will be playing board games, and card games with each other. Games such as LIFE, Monopoly, Skip Bo, and Bananagrams. If there is a board game, they would like to play they can also bring that to group for us all to play.

REGISTRATION REQUIRED Contact Shellsey to Register
Fridays 4:00-6:00. ****NO PROGRAM OCTOBER 11 & 18**
McMan FRN Office: Unit 103, 5214-47 Ave

For General Program Inquiries or Information on our
In-home Family Support Program:
Lindsey.Diebolt@mcmancentral.ca
or
403-896-6543

Teen Programs

Creative Circle for Teens

Each month is an opportunity to get creative with a different artistic and craft style, and to explore your creative side. No skills necessary, supplies provided, we have fun as we go. Registration is required, contact Tammy for details.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday October 2 4:00-5:30

McMan FRN Office: Unit 103, 5214-47 Ave

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 October 16. 4:30-7:00

Wizards Loft

Halloween Party!

It's All Hallow's Eve and that means fun activities, games, treats, and just one more opportunity to dress up and have a blast for our teens. Dress up and costumes encouraged!

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday October 30. 4:00-6:00

McMan FRN Office: Unit 103, 5214-47 Ave

Drivers Safety

Do you have a youth between the ages of 13-17 that is taking their learners? Or who needs help with road rules and driving tips? We have a 3-week course that can help. We teach, quiz, show videos and play games to help us learn all the driving information to help with the BIG TEST. We do ask that the youth attend all sessions to gain the knowledge, to pass the test.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursdays 6:00-8:00 **NO PROGRAM OCTOBER 17 & 31

McMan FRN Office: Unit 103, 5214-47 Ave

Cooking Skills for Teens

Every individual can benefit from basic cooking skills. This group helps our teens to develop these skills in a fun and interactive group that meets monthly, and best of all we get to eat what we make! Please register in advance, deadline to register is October 3rd.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday October 9 4:00-6:00

McMan FRN Office: Unit 103, 5214-47 Ave

Swifties Night!

For all those teen fans of Taylor Swift, it's time for an evening of fun activities, games, and music to embrace our inner swifties and positivity. Must register in advance as space is limited. Deadline to register is October 17th.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday October 23 4:30-6:30

McMan FRN Office: Unit 103, 5214-47 Ave

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 October 10 & 24. 4:00-5:30

McMan FRN Office: Unit 103, 5214-47 Ave

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Shellsey.Blandin@mcmancentral.ca

403-396-3419

