

# Red Deer Family Resource Network



Alberta  
Provincial Family  
Resource Networks

## August 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 August 12 & 26. 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. New spots available.

**APPOINTMENTS AVAILABLE WITH PRE-REGISTRATION**

**Tuesdays. 9:00-12:00 Fridays. 1:00-4:00**

**McMan FRN Office: Unit 103, 5214-47 Ave**

**Raising Responsible Teens: Wednesday August 21.**

**Raising Competent Teens: Wednesday August 28.**

The Triple P Teen Seminar series is a set of 3 stand alone presentations that focus on different parenting topics. Each Seminar Series of three topics provides parents with general information about promoting their child's development and serves as an introduction to Triple P - the Positive Parenting Program. These brief introductions to the Triple P strategies provide great ideas to try at home. Each seminar is 1.5hrs. long. You can sign up to take 1, 2, or all 3 seminars.

**REGISTRATION REQUIRED Contact Tammy to Register**

**McMan FRN Office: Unit 103, 5214-47 Ave**

**1:00-3:00**

#### 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 August 22 & 29. 1:00-3:00**

**McMan FRN Office: Unit 103, 5214-47 Ave**

#### 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. **VIRTUAL. REGISTRATION REQUIRED Contact Tammy to Register. Fridays August 9 & 23. 9:30-11:30**

#### 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**

**Tuesday August 20. 1:00-4:00**

**McMan FRN Office: Unit 103, 5214-47 Ave**

#### 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**

**Wednesday August 7. 9:30-11:30**

**McMan FRN Office: Unit 103, 5214-47 Ave**

#### 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 Developing good bedtime routines, and Hassle free shopping with children.

**REGISTRATION REQUIRED Contact Tammy to Register**

**Thursdays August 1 & 8. 10:00-12:00**

**McMan FRN Office: Unit 103, 5214-47 Ave**

#### The Power of Positive Parenting:

**Thursday August 15**

**Raising Confident, Competent Children:**

**Thursday August 22**

**Raising Resilient Children: Thursday August 29**

The Triple P Seminar series is a set of 3 stand alone presentations that focus on different parenting topics. Each Seminar Series of three topics provides parents with general information about promoting their child's development and serves as an introduction to Triple P - the Positive Parenting Program. These brief introductions to the Triple P strategies provide great ideas to try at home. Each seminar is 1.5hrs. long. You can sign up to take 1, 2, or all 3 seminars. **VIRTUAL 10:00-12:00**

**REGISTRATION REQUIRED Contact Tammy to Register**

**Tammy.Predovic@mcmancentral.ca 403-896-5348**

# 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 AUGUST 5**

**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 AUGUST 5**

**McMan FRN Office: Unit 103, 5214-47 Ave**

## 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**

## 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 AM and 1:35 PM.

**REGISTRATION REQUIRED Contact Timi to Register**

**Wednesday August 7. 9:00-10:30 @ Heritage Ranch**

**Fridays August 2 & 9. 1:30-3:00 @ Bower Ponds**

## Playground Fun & Spray Park Fun

Meet at the playground/spray park for some outdoor fun with friends!

**REGISTRATION REQUIRED Contact Timi to Register**

**Wednesday August 7. 10:30-12:00 @ Heritage Ranch**

**Fridays August 2 & 9. 3:00-4:00 @ Bower Ponds**

**Wednesday August 21. 1:30-3:30 @ Capstone Spray Park**

## 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 AUGUST 5**

**Bower Community Hall: 85 Boyce Street**

## 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**

## Meet me at the Park!

Fun activities in YOUR neighbourhood!

**DROP IN– NO REGISTRATION REQUIRED**

**Friday August 2**

**@ Mountview Sunnybrook. 4316-32 Street**

**Tuesday August 6 AND Friday August 9**

**@ Normandeau Activity Centre. 49 Noble Avenue**

**Tuesday August 13 AND Friday August 16**

**@ Morrisroe East. 35 McLean Street**

**Tuesday August 20 AND Friday August 23**

**@ Oriole Park. 5 Ogden Avenue**

**Tuesday August 27 AND Friday August 30**

**@ Westpark Activity Centre. 3811-57 Avenue**

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

**Lindsey.Diebolt@mcmancentral.ca**

**or**

**403-896-6543**

**Timi.Everett@mcmancentral.ca**

**403-896-4820**

**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**

**Wednesday August 14. 9:30-11:30**

**McMan FRN Office: Unit 103, 5214-47 Ave**

## Playground Pals

Come join us for some outdoor play. We will be meeting up at a different park around Red Deer each week. Aug 14 - Bower Ponds & Aug 21 – Heritage Ranch.

**REGISTRATION REQUIRED Contact Natasha to Register**

**Wednesdays August 14 & 21. 2:30-4:00.**

## 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 August 15 & 22 9:30-11:30.**

**\*\*NO PROGRAM AUGUST 8 & 29**

**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**

## Reading Corner

Would you like to cool down and have someone read your littles some stories? Join Miss Shellsey at the Timberlands Library on Wednesday's from 3:00-4:00, and she will be reading stories of the kid's choices. A sweet way to end the afternoon.

**REGISTRATION REQUIRED Contact Shellsey to Register**

**Wednesdays. 3:00-4:00 @ Timberlands Library**

**Timi.Everett@mcmancentral.ca**

**403-896-4820**

**Natasha.Wilton@mcmancentral.ca**

**403-896-6401**

**Tammy.Predovic@mcmancentral.ca**

**403-896-5348**

**Shellsey.Blandin@mcmancentral.ca**

**403-396-3419**

## Walk & Talk

Join us for a walk and some park play. We will be at a different location each week! Aug 14 – Bower Ponds, Aug 21 – Heritage Ranch. We will be leaving for our walk at 1:05pm.

**REGISTRATION REQUIRED Contact Natasha to Register**

**Wednesdays August 14 & 21. 1:00-2:30**

## Wednesdays We Play

This is a morning 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**

**Wednesdays August 7, 14 & 28. 9:30-12:00**

**\*\*NO PROGRAM AUGUST 21**

## 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**

## Playground Discovery

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 West Park Elementary school and Rotary Rec Park, and Barrie Wilson Park. And we will run the program from 9:30-11:30am.

**REGISTRATION REQUIRED Contact Shellsey to Register**

**Thursdays August 1, 8 & 22. 9:30-11:30**

## 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 August 16 & 23. 9:30-11:30**

**\*\*NO PROGRAM AUGUST 2, 9 & 30**

## Splash Park Fun

Come join us Aug 16 for some fun at the Central Spray and Play, kids can cool off and burn some energy. Weather permitting.

**REGISTRATION REQUIRED Contact Natasha to Register**

**Friday August 16. 1:00-4:00**

## Youth Programs

### 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**

**Mondays 1:00-3:00. \*\*NO PROGRAM AUGUST 5**

**City Hall Park**

### D & D (Dungeons and Dragons)

Do you have a youth who is into other worlds and fantasy? Do they enjoy long creative quests? Do they enjoy the game D & D? Well, we have a summer program for them. For youth ages 10-14yrs.

**REGISTRATION REQUIRED Contact Shellsey to Register**

**Wednesdays 1:00-3:00. \*\*NO PROGRAM AUGUST 28**

**Timberlands Library**

## Teen Programs

### Teens @ the Park

For August we are combining Teens @ the Park (@ Rotary Picnic Park 4837 43street) 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, i.e. hotdog roast, outdoor games, etc.

**REGISTRATION REQUIRED Contact Tammy to Register**

**Wednesdays 4:00-6:00.**

**\*\*NO PROGRAM AUGUST 14**

### 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**

**Register**

**Thursday August 15 3:30-6:00 AGES 13-17**

**Wizards Loft**

**Timi.Everett@mcmancentral.ca**

**403-896-4820**

**Natasha.Wilton@mcmancentral.ca**

**403-896-6401**

### 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**

### Youth Anger Management

This is a 3-session youth program, to help children ages 9-13yrs old with Anger. We discuss and learn about What is Anger? What are my Anger Triggers? How can I calm myself down and handle Anger in a healthy way? We have in-group discussions, and some work to do on their own or with family.

**REGISTRATION REQUIRED Contact Shellsey to Register**

**Tuesdays 1:00-2:00 \*\*NO PROGRAM AUGUST 27**

**McMan FRN Office: Unit 103, 5214-47 Ave**

### Artists 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**

**Fridays 1:30-3:30 \*\*NO PROGRAM AUGUST 23**

**McMan FRN Office: Unit 103, 5214-47 Ave**

### Beach Day @ Discovery Canyon

Join us for a beach day at Discovery Canyon! Hang out on the beach with us or bring/rent a tube to use on the lazy river. \*Tube rentals are \$6 or you can bring your own tube (can be no larger than 30-50 inches round and cannot have a bottom on the tube).\*  
Registration required.

**REGISTRATION REQUIRED Contact Tammy to Register**  
**Monday, August 19. 2:00-6:00**

### Pop Ups!!

You will find Shellsey at Central Spray and Play on August 1 & 15 from 12:30-3:30 and Discovery Canyon on August 8 & 22 from 12:30-3:30.

**Tammy.Predovic@mcmancentral.ca**

**403-896-5348**

**Shellsey.Blandin@mcmancentral.ca**

**403-396-3419**