

Red Deer  
Family  
Resource  
Network

# August 2022

Bower Community Centre (85 Boyce Street) &  
YMCA (6391-76th Street)

To register for programs, please contact the person listed under each program:

SHERRY.ROLLS@MCMANCENTRAL.CA or 403-896-5435

TIMI.EVERETT@MCMANCENTRAL.CA or 403-896-4820

SHELLSEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419

TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348

For general program inquiries please contact Lindsey:

LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543

Mon (Bower)	Tue (YMCA)	W	Thu (Bower)	F	Sat
1 STAT	2 Youth @ the Y 3:00-5:30 *Shellsey	3	4 Baby Buddies 9:30-11:30 *Shellsey Preschool Pals 1:00-3:00 *Tammy Summer Youth 4 C's 4:00-6:00 *Tammy	5	6
8 Get Crafty 9:30-11:30 *Timi Parent & Tot Relaxation Time 1:00-2:30 *Tammy	9 Youth @ the Y 3:00-5:30 *Shellsey	10	11 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Tammy Summer Youth 4 C's 4:00-6:00 *Tammy	12	Programs for Youth Ages 14-18
15 Get Crafty 9:30-11:30 *Timi Parent & Tot Relaxation Time 1:00-2:30 *Tammy	16 Youth @ the Y 3:00-5:30 *Shellsey	17	18 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Timi Summer Youth 4 C's 4:00-6:00 *Sherry	19	Parent Enrichment Programs for Parents/ Caregivers
22 Get Crafty 9:30-11:30 *Timi Parent & Tot Relaxation Time 1:00-2:30 *Tammy	23 Youth @ the Y 3:00-5:30 *Shellsey	24	25 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Tammy Summer Youth 4 C's 4:00-6:00 *Sherry	26	ECD Programs for Children Ages 0-6 and Parents/ Caregivers
29 Get Crafty 9:30-11:30 *Timi Parent & Tot Relaxation Time 1:00-2:30 *Tammy	30 Youth @ the Y 3:00-5:30 *Shellsey	31			Programs for Youth Ages 7-13

# August 2022

Red Deer Family Resource Network : 103, 5214-47 Ave

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Mon	Tue	Wed	Th	Fri
1 STAT	2 Teen Triple P 10:00-12:00 *Tammy	3 Group Triple P 10:00-12:00 *Tammy	Programs for Youth Ages 14-18	
8 Infant Massage 10:00-11:30 *Tammy Kindermusik for Infants 1:00-2:30 *Shellsey	9 All About Art 10:00-12:00 *Shellsey Teen Triple P 1:00-3:00 *Tammy	10 Group Triple P 10:00-12:00 *Tammy Baby & Me 1:00-3:00 *Tammy	11 Play, Learn, Grow Drop In 10:00-12:00 *Shellsey Empowered Youth 2:00-4:00 *Shellsey	12 Little Helpers Drop In 1:00-2:30 *Tammy Stepping Stones Triple P 3:30-4:30 *Tammy
15 Infant Massage 10:00-11:30 *Tammy Kindermusik For Infants 1:00-2:30 *Shellsey	16 All About Art 10:00-12:00 *Shellsey Summer Youth Book Club 1:00-3:00 *Sherry Teen Triple P 1:00-3:00 *Tammy	17 Triple P Seminar Series: The Power of Positive Parenting 10:00-12:00 *Tammy	18 <b>SPECIAL EVENT</b> DETAILS COMING SOON!	ECD Programs for Children Ages 0-6 and Parents/ Caregivers
22 Infant Massage 10:00-11:30 *Tammy Kindermusik for Infants 1:00-2:30 *Shellsey	23 All About Art 10:00-12:00 *Shellsey Summer Youth Book Club 1:00-3:00 *Sherry Teen Triple P 1:00-3:00 *Tammy	24 Triple P Seminar Series: Raising Confident, Competent Children 10:00-12:00 *Tammy Baby & Me 1:00-3:00 *Tammy	25 Play, Learn, Grow Drop In 10:00-12:00 *Shellsey Empowered Youth 2:00-4:00 *Shellsey	26 Play, Learn, Grow Drop In 10:00-12:00 *Tami Little Helpers Drop In 1:00-2:30 *Tammy Stepping Stones Triple P 3:30-4:30
29 Infant Massage 10:00-11:30 *Tammy Kindermusik For Infants 1:00-2:30 *Shellsey	30 Summer Youth Book Club 1:00-3:00 *Sherry Teen Triple P 1:00-3:00 *Tammy	31 Triple P Seminar Series: Raising Resilient Children 10:00-12:00 *Tammy Baby & Me 1:00-3:00 *Tammy	Parent Enrichment Programs for Parents/ Caregivers	

**Street parking is available, but limited. In addition to street parking there are parking spots available at Streams Church 5350-46 Ave (one block North of the Family Resource Network).**

**Please do not park in the parking lots South (old co-op) or West (RDPSD) of the FRN.**

# August 2022

## Outdoor & McMan Training Room Programs

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 SHELLSEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419  
 TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348  
 For general program inquiries please contact Lindsey:  
 LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543

Mon	Tue	Wed	Thu	Fri	Sat
1 STAT	2	3 Book Club Rotary Park 1:30-3:00 *Shellsey	4	5 Meet Me at the Park with The City of Red Deer 9:30-12:00 Pines 141 Pamelay Ave	6
8 Preschool Yoga in the Park Kin Kanyon 1:30-3:00 *Timi Men's Peer Support Group 6:00-8:00 *Damian 403-396-6559	9 Strollercize Bower Ponds 10:00-11:30 *Timi Muscle & Movement Barrie Wilson 1:30-3:00 *Timi	10 Book Club Rotary Park 1:30-3:00 *Shellsey	11 Splash Park Fun Capstone 1:30-3:00 *Timi	12 Meet Me at the Park with The City of Red Deer 9:30-12:00 Kentwood 168 Kendrew Drive	Programs for Youth Ages 14-18
15 Preschool Yoga in the Park Kin Kanyon 1:30-3:00 *Timi Men's Peer Support Group 6:00-8:00 *Damian 403-396-6559	16 Strollercize Heritage Ranch 10:00-11:30 *Timi Muscle & Movement Mattie McCullough 1:30-3:00 *Timi	17	18 SPECIAL EVENT  DETAILS COMING SOON!	19 Meet Me at the Park with The City of Red Deer 9:30-12:00 Clearview 93 Cornett Drive	
22 Preschool Yoga in the Park Kin Kanyon 1:30-3:00 *Timi Men's Peer Support Group 6:00-8:00 *Damian 403-396-6559	23 Strollercize Bower Ponds 10:00-11:30 *Timi Muscle & Movement Escuela Vista Grande 1:30-3:00 *Timi	24 Book Club Rotary Park 1:30-3:00 *Shellsey	25 Splash Park Fun Capstone 1:30-3:00 *Timi	26 Meet Me at the Park with The City of Red Deer 9:30-12:00 West Park 3811-57 Ave Metis Youth Games & Hotdogs @ Rotary Park 1:00-3:00 *Sherry	27 Walk & Play Heritage Ranch 10:00-12:00 *Timi
29 Baby Yoga in the Park Kin Kanyon 1:30-3:00 *Timi Men's Peer Support Group 6:00-8:00 *Damian 403-396-6559	30	31	Programs for Youth Ages 7-13		

## August Youth & Parent Enrichment Program

**Youth @ the Y:** Let's have some fun. We will have board games, crafts and learning experiences, all with friends our age. We have different themes for each get together to keep us learning and interested.

**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 will be using the Big Life Journals to help us to move forward in our awesome lives.

**Youth Book Club:** Book club is a way to share the love of reading and imagination together with others who love it. It's also a great opportunity for youth who are wanting to give a book club a shot. 2-3 chapters will be read by Shellsey, and then there will be a craft or experience to share afterward.

**All About Art:** This is a youth program for children ages 7-13 yrs. of age who want to explore their creative sides. There will be a weekly art project available, different every week, that gives the youth a chance to try new art techniques and see how awesome and creative art can be. Creativity and beauty can be found in everyone.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT  
SHELLSEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419**

**Summer Book Club for Teens/Youth Age 13 & Up:** What a great way for your teens to devote a Tuesday afternoon in August. During this wonderful Summer Book Club, teens will learn how anger can change a life forever. This novel is an amazing story about how anger erupts into violence.

**\*\*If your teen struggles with anger issues, this story will make an impact. \*\***

**Summer Youth Group every Thursday from 4 to 6 PM:** Connection, Confidence, Champion, Conversation

The 4 C'S explain the entire program.

The importance of Connection for teens!

The importance of feeling Confident for teens!

The importance of feeling like a Champion for teens!

The importance of Conversation for teens!

Craft Day on August 4<sup>th</sup> and 11<sup>th</sup> with Tammy

Make beautiful Dream Catchers on August 18<sup>th</sup> with Sherry

Taco in a Bag Thursday August 25<sup>th</sup> with Sherry

**Metis Youth Games & Hot Dogs at the Park:** Asking all teens/youth to wear an orange t-shirt.

Let's have some fun teens/youth and play some Metis games and have a hot dog or two, in our orange t-shirts. In this Metis Youth Group, teens will focus on Metis games and enjoy time with their peers.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT  
SHERRY.ROLLS@MCMANCENTRAL.CA OR 403-896-5435**

**Infant Massage:** A free four week workshop for infants, ages 0-18 months of age, and their caregivers. Learn, bond, and explore how infant massage techniques can have many benefits for both baby and caregiver. Also a great way to relax before nap time.

**Parent & Tot Relaxation Time:** A program for children ages 18months to 6 years, and their caregivers. We will use infant massage techniques and relaxation/mindfulness activities to encourage connections and relaxation time with our older children through songs, rhymes, and stories. A great way to build in some down time with our little ones.

**Group Triple P:** Raise happy, confident kids. Learn strategies to manage misbehavior so everyone in the family enjoys life more. Set rules and routines that everyone respects and follows. Encourage behavior you like and take care of yourself as a parent. Feel confident you're doing the right thing!

**Teen Triple P:** This program provides a great opportunity to meet other parents who are struggling with their teens behavior. Gain tips and suggestions to suit the needs of your family unit!

**Triple P Seminar Series:** Do you have a few minor concerns about your child's development? These one time sessions could be a great option for you! Limited child minding spaces available.

**Stepping Stones Triple P:** For families with children who have a disability and also have disruptive behavior.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT  
TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348**

## August ECD Program Info

**Kindermusik for Infants:** This 4 week program is a program that introduces sounds, dance, and instruments to children ages 0-2 yrs old. Join us for different themes, songs, and instruments weekly, and meet some new families.

**Play Learn Grow Drop In Program:** Come check out our new FRN space with you kiddos ages 0-6. This program is a drop in program and does not require registration. We will have a variety of toys and activities for infants, toddlers and preschoolers. Limited street parking is available as well as additional parking at Streams Church located one block North of the FRN.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT SHELLSEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419**

**Get Crafty:** Come join us for indoor play, crafts, and circle time on Monday mornings at the Bower Community Centre!

**Yoga in the Park:** Join us for yoga in the park with Little Lights Yoga! Yoga will be from 1:30-2:30 at Kin Canyon and will start promptly at 1:30. There will be preschool yoga on August 8, 15 and 22. We will have Baby & Me yoga on August 29. Please bring a yoga mat if you have one!

**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.

9<sup>th</sup> – Bower Ponds, 16<sup>th</sup> – Heritage Ranch, 23<sup>rd</sup> – Bower Ponds

**Muscle & Movement:** Join us at different playgrounds around Red Deer for an afternoon of park play and meet some new friends! 9<sup>th</sup> – Barrie Wilson School, 16<sup>th</sup> – Mattie McCullough School, 23<sup>rd</sup> – Escuela Vista Grande

**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!

**Splash Park Fun:** Join us at the Capstone spray pad for some water fun! This program is weather permitting.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT TIMI.EVERETT@MCMANCENTRAL.CA OR 403-896-4820**

**Baby & Me:** A program for prenatal and postnatal moms and caregivers of infants 0-18 months of age. Each week we will discuss new topics of interest and provide various resources to support. Older siblings welcome to attend. It takes a village to raise a child, let us help you widen your village circle.

**Little Helpers:** 'Oh the places you will go!' Little Helpers provides little ones ages 2-5, and their caregivers, the opportunity to practice being community helpers by exploring different helping roles each week with dramatic play and an activity.

**Preschool Pals:** Come join me Thursday afternoons for some fun. We will have different activities each week including a circle time.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348**