

# June 2024 ECD Programs (indoors)

For Children ages 0-6 and their Caregivers

| Mon  | Tue  | Wed  | Thu  | Fri   | Sat |
|--|--|--|--|---|-----|
|  |  |  |  |   | 1   |
| 3  | 4  | 5  | 6  | 7   | 8   |
| <b>Drop In Stay &amp; Play And ASQ's</b><br>9:00-12:00<br>*Drop In<br><b>Let's Have Fun</b><br>9:30-11:30<br>*Shellsey<br><b>Baby &amp; Me Infant Massage</b><br>1:00-3:00<br>*Natasha | <b>Discover Time</b><br>9:30-11:30<br>*Shellsey<br><b>Play &amp; Learn</b><br>9:30-11:30<br>*Natasha | <b>Babes n Tots</b><br>9:30-11:30<br>*Natasha<br><b>Homeschool Connections</b><br>1:00-3:00<br>*Timi | <b>Little Professors</b><br>9:30-11:30<br>*Natasha<br><b>Baby Buddies</b><br>9:30-11:30<br>*Timi<br><b>Drop In Play Pals</b><br>1:00-4:00<br>*Drop In        |   |     |
| 10   | 11   | 12   | 13   | 14  | 15  |
| <b>Drop In Stay &amp; Play And ASQ's</b><br>9:00-12:00<br>*Drop In<br><b>Let's Have Fun</b><br>9:30-11:30<br>*Shellsey<br><b>Baby &amp; Me Infant Massage</b><br>1:00-3:00<br>*Natasha | <b>Discover Time</b><br>9:30-11:30<br>*Shellsey<br><b>Play &amp; Learn</b><br>9:30-11:30<br>*Natasha |  | <b>Little Professors</b><br>9:30-11:30<br>*Natasha<br><b>Baby Buddies</b><br>9:30-11:30<br>*Timi<br><b>Drop In Play Pals</b><br>1:00-4:00<br>*Drop In        | <b>Little Friends</b><br>9:30-11:30<br>*Natasha<br><b>Play Learn Grow</b><br>1:30-3:30<br>*Timi |     |
| 17   | 18   | 19   | 20   | 21  | 22  |
| <b>Drop In Stay &amp; Play</b><br>9:00-12:00<br>*Drop In<br><b>Let's Have Fun</b><br>9:30-11:30<br>*Shellsey<br><b>Baby &amp; Me Infant Massage</b><br>1:00-3:00<br>*Natasha           | <b>Discover Time</b><br>9:30-11:30<br>*Shellsey<br><b>Play &amp; Learn</b><br>9:30-11:30<br>*Natasha | <b>Homeschool Connections</b><br>1:00-3:00<br>*Timi  | <b>Little Professors</b><br>9:30-11:30<br>*Natasha<br><b>Baby Buddies</b><br>9:30-11:30<br>*Timi<br><b>Meal Planning/ Prep</b><br>1:00-3:00<br>*Tammy        | <b>Little Friends</b><br>9:30-11:30<br>*Natasha<br><b>Play Learn Grow</b><br>1:30-3:30<br>*Timi |     |
| 24   | 25   | 26   | 27   | 28  | 29  |
| <b>Drop In Stay &amp; Play</b><br>9:00-12:00<br>*Drop In<br><b>Let's Have Fun</b><br>9:30-11:30<br>*Shellsey<br><b>Baby &amp; Me Infant Massage</b><br>1:00-3:00<br>*Natasha           | <b>Discover Time</b><br>9:30-11:30<br>*Shellsey<br><b>Play &amp; Learn</b><br>9:30-11:30<br>*Natasha | <b>Babes n Tots</b><br>9:30-11:30<br>*Natasha<br><b>Potluck &amp; Play</b><br>12:00-2:00<br>*Timi    | <b>Little Professors</b><br>9:30-11:30<br>*Natasha<br><b>Baby Buddies</b><br>9:30-11:30<br>*Timi<br><b>School's Out For Summer</b><br>1:00-4:00<br>*Shellsey |   |     |

To register for programs, please contact the person listed under each program:  
 TIMI.EVERETT@MCMANCENTRAL.CA or 403-896-4820  
 SHELLSEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419  
 NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401  
 For general program inquiries please contact Lindsey:  
 LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543

Programs Located at the Red Deer McMan Office 5214-47 Ave, Unit 103  
 Programs Located at the Bower Community Hall 85 Boyce Street  
 Programs Located at the YMCA 6391-76 Street

**SEE THE NEXT PAGE FOR ONLINE & OUTDOOR PROGRAMS**

# June 2024 Online/Outdoor Programs (all age groups)

Mon Tue Wed Thu Fri Sat

1

|  |   |  |   |   |   |
|--|---|--|---|---|---|
| 3<br>Online Art Time<br>1:00-2:00<br>*Shellsey | 4<br>Virtual Lunch & Learn<br>12:00-1:00<br>*Tammy<br>Virtual Dance Party<br>1:30-2:30<br>Virtual Get Crafty<br>2:30-3:30<br>*Natasha | 5<br>Strollercize<br>9:00-10:30<br>*Timi<br>Forest Walk<br>9:30-11:30<br>*Shellsey<br>Walk & Talk<br>1:00-2:30<br>Playground Pals<br>2:30-4:00<br>*Natasha<br>Youth Walk<br>4:00-5:30<br>*Shellsey | 6<br>Online Group Triple P<br>10:00-12:00<br>*Tammy<br>Shellsey's Online Story Time<br>1:00-2:00<br>*Shellsey | 7 | 8 |
|--|---|--|---|---|---|

|    |  |    |  |  |    |
|----|--|----|--|--|----|
| 10 | 11<br>Virtual Lunch & Learn<br>12:00-1:00<br>*Tammy<br>Virtual Dance Party<br>1:30-2:30<br>Virtual Get Crafty<br>2:30-3:30<br>*Natasha | 12 | 13<br>Online Group Triple P<br>10:00-12:00<br>*Tammy<br>Shellsey's Online Story Time<br>1:00-2:00<br>*Shellsey | 14<br>Strollercize<br>9:00-10:30<br>Playground Fun<br>10:30-12:00<br>*Timi<br>Park Play<br>9:30-12:00<br>*Shellsey<br>Happy Wanderers<br>1:00-2:30<br>Outdoor Fun<br>2:30-4:00<br>*Natasha | 15 |
|----|--|----|--|--|----|

|   |  |  |  |   |    |
|---|--|--|--|---|----|
| 17<br>Virtual Parent Positivity<br>9:00-11:00<br>*Tammy<br>Online Art Time<br>1:00-2:00<br>*Shellsey<br>Muscle & Movement<br>1:30-3:30<br>*Timi | 18<br>Virtual Lunch & Learn<br>12:00-1:00<br>*Tammy<br>Virtual Dance Party<br>1:30-2:30<br>Virtual Get Crafty<br>2:30-3:30<br>*Natasha | 19<br>Walk & Talk<br>1:00-2:30<br>Playground Pals<br>2:30-4:00<br>*Natasha<br>Youth Walk<br>4:00-5:30<br>*Shellsey | 20<br>Online Group Triple P<br>10:00-12:00<br>*Tammy<br>Shellsey's Online Story Time<br>1:00-2:00<br>*Shellsey | 21<br>Strollercize<br>9:00-10:30<br>Playground Fun<br>10:30-12:00<br>*Timi<br>Park Play<br>9:30-12:00<br>Friday Fun Times<br>1:00-3:30<br>*Shellsey<br>Happy Wanderers<br>1:00-2:30<br>Outdoor Fun<br>2:30-4:00<br>*Natasha | 22 |
|---|--|--|--|---|----|

|   |  |  |  |    |    |
|---|--|--|--|----|----|
| 24<br>Virtual Caregiver Connect<br>9:30-11:30<br>*Tammy<br>Online Art Time<br>1:00-2:00<br>*Shellsey<br>Muscle & Movement<br>1:30-3:30<br>*Timi | 25<br>Virtual Lunch & Learn<br>12:00-1:00<br>*Tammy<br>Virtual Dance Party<br>1:30-2:30<br>Virtual Get Crafty<br>2:30-3:30<br>*Natasha | 26<br>Strollercize<br>9:00-10:30<br>*Timi<br>Forest Walk<br>9:30-11:30<br>*Shellsey<br>Walk & Talk<br>1:00-2:30<br>Playground Pals<br>2:30-4:00<br>*Natasha<br>Virtual Car Seat Safety<br>3:00-4:30<br>*Timi | 27<br>Online Group Triple P<br>10:00-12:00<br>*Tammy | 28 | 29 |
|---|--|--|--|----|----|

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

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

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

NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401

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

For general program inquiries please contact Lindsey:

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

Offsite Programs (see descriptions for exact location)  
Online/Virtual Programs

**Drop in Stay and Play:** Drop in anytime between 9:00 am and 12:00pm for some indoor play and some tabletop activities.  
**Baby and Me:** Ages 0-18mths. Learn, play and grow with baby while connecting with other caregivers. Registration required.

**Walk and Talk:** Join us for a walk and some park play. We will be at a different location each week! June 5 – Bower Ponds, June 19 – Heritage Ranch, June 26 – Bower Ponds. We will be leaving for our walk at 1:05pm. Registration Required

**Little Professors:** Come join us for a different science experiment each week. This group is for our littles 2 and up. Registration required

**Little Friends:** Come join us to explore our FRN play space and connect with new friends and families. Registration is required.

**Virtual Get Crafty:** Join in some online fun. We will be creating a craft together virtually each week. Registration is Required by the Friday prior to program.

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

**Playground Pals:** Come join us for some outdoor play. We will be meeting up at a different park around Red Deer each week. June 5 – Bower Ponds, June 19 – Heritage Ranch, June 26 – Bower Ponds. Registration Required.

**Babes n' Tots:** Join us for a morning to meet new friends and have some indoor fun. Registration is required.

**Virtual Dance Party:** Join us for a story and some dancing virtually on Microsoft Teams. Registration Required.

**Happy Wanderers:** Join us for a walk around different parks with our littles. We will end our walk with some park play. June 14 – Kin Canyon, June 21 – McKenzie Trails. We leave for our walk at 1:05pm. Registration Required.

**Outdoor Fun:** Come join us for some playground fun while the kids burn some energy. June 24- Kin Canyon, June 21 – McKenzie Trails. Registration Required.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT  
NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401**

**Muscle & Movement:** Join us at the Bower Community Playground on the 17<sup>th</sup> and the Parkland Class Playground on the 24<sup>th</sup> for some fun at the park. Registration is required.

**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 meet at Bower Ponds on the 5 & 26. We will meet at Heritage Ranch on the 14 & 21. Registration is required.

**Homeschool Connections:** This group is for our families who homeschool! Meet other families, make connections, and share resources while the kids enjoy the play space. Our youth facilitator will be joining us with some fun activities for the school age kids as well. Younger siblings welcome! Registration is required.

**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 is required.

**Drop-In Play Pals:** Drop in anytime between 1:00pm-4:00pm for indoor play and tabletop activities.

**Playground Fun:** Meet at the Heritage Ranch playground for some outdoor fun with friends! Registration is required.

**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 is required.

**Car Seat Safety:** Join us virtually for an information session about car seat safety. Registration is required.

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

**Youth Walk:** Have lots of energy built up from being in school all day? And are you between the ages of 7-13yrs old? Join us at Bower Ponds to walk the paths, visit and enjoy some fresh air. Proper walking shoes and water bottles are a must.

**Forest Walk:** Families with children of all ages and all mobilities! It's time to go and walk through the "forest". Families with children of all ages let's go and explore nature, get some fresh air, meet new families, and have some fun. Our start point is at Heritage Ranch Park. We might even have a scavenger hunt.

**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 for 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.

**Park Play:** Would you like to get out to some kid friendly parks? Make some new friends? and have fun outdoors? Then join Miss Shellsey for a morning of Park fun. For families with children ages 0-6yrs old, between the hours of 9:30-12:00. Will have playground play, and outdoor fun activities. Weather permitting. 14<sup>th</sup> at Rotary Rec Park, and the 21<sup>st</sup> at Bower Ponds.

**Let's Have Fun:** Monday's can be rough to start. Why not try joining our morning program at McMan offices at 5214 47 Ave. We play with toys and friends, have some exploration with craft and sensory toys. This is for families with children ages 0-6yrs old, between the hours of 9:30-12:00. Like it says...Let's have fun!!!

**Shellsey's Storytime:** 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 3-6yrs old and must be able to log into Microsoft Teams for the video and sound to work.

**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!

**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. This program is located at the downtown office in the Park Plaza building at 5214 47Ave.

**School's Out for Summer:** The school year is over...LET'S HAVE A PARTY!!! Join us at Bower Community Centre for an end of school year celebration. We will have outdoor games, music, crafts, and cake to celebrate. For families with children of all ages.

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

**Group Triple P:** A 4-week group program, for families of children ages 2-12, with disruptive behaviors. Please contact Tammy for more details and to see if this program is a fit for your family.

**Parent Positivity:** A Virtual group for adult caregivers. 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. Please register by Thursday June 13th, so materials can be delivered in time for our virtual sessions. (Virtual via Microsoft Teams for June).

**Lunch & Learn Family Strategies:** For parents and caregivers of children ages 0-12. Join us for a free webinar every Tuesday, over lunch, where we discuss various parenting concerns and strategies to manage. Each week will be a different topic and age focus. Please see poster for dates, times, and topics.

**Caregiver Connect :** A virtual 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! Contact Tammy P. for details and to get the link.(Virtual via Microsoft Teams).

**Potluck & Play:** Join us at the Family Resource Network for an Appetizer potluck, and play time for your kids. A chance to meet other families, connect, and play. Please register by June 21<sup>st</sup>, so we can update potluck numbers accordingly. Contact Tammy P for details.

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

# June 2024 Youth Programs (in-person)

Red Deer  
Family  
Resource  
Network

For Youth ages 7-18

Mon Tue Wed Thu Fri

3 4 5 6 7

**After School Frenzy**  
3:00-5:00  
\*Shellsey

**Homeschool Connections**  
1:00-3:00  
\*Timi

**Teen Taylor Swift Party**  
5:30-7:30  
\*Tammy

**Empowered Youth**  
3:30-5:00  
\*Shellsey  
**Emotional Regulation for Teens**  
3:30-5:00  
\*Tammy  
**Drivers Safety**  
6:00-8:00  
\*Shellsey

10 11 12 13 14

**After School Frenzy**  
3:00-5:00  
\*Shellsey

**Programs Located at the Red Deer McMan Office 5214-47 Ave, Unit 103**

**Programs Located at the YMCA 6381-76 Street**

**Offsite Programs (see descriptions for exact location)**

**Empowered Youth**  
3:30-5:00  
\*Shellsey  
**Emotional Regulation for Teens**  
3:30-5:00  
\*Tammy  
**Drivers Safety**  
6:00-8:00  
\*Shellsey

17 18 19 20 21

**Youth Anger Management**  
4:00-5:30  
\*Shellsey

**After School Frenzy**  
3:00-5:00  
\*Shellsey

**Homeschool Connections**  
1:00-3:00  
\*Timi  
**Teen Board Games @ Wizards Loft**  
4:30-7:00  
\*Tammy

**Drivers Safety**  
6:00-8:00  
\*Shellsey  
**Emotional Regulation for Teens**  
3:30-5:00  
\*Tammy

24 25 26 27 28

**Youth Anger Management**  
4:00-5:30  
\*Shellsey

**After School Frenzy**  
3:00-5:00  
\*Shellsey

**Unicorn Society**  
4:30-7:30  
\*Tammy

**Emotional Regulation for Teens**  
3:30-5:00  
\*Tammy  
**Drivers Safety**  
6:00-8:00  
\*Shellsey

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

**Afterschool Frenzy:** This is a program for youth ages 7-13yrs old. It offers a friendly group setting to meet new friends, be creative with art and games, and to play and participate in new activities. We are at the YMCA on the north side of Red Deer for this group in the Art and Culture room.

**Homeschool Connections:** Do you homeschool your children? Would you like to meet others who do as well? Would you also like to explore and be creative with fun themes? Well, look no further, join our Homeschool Connections group. For families that are currently in homeschool programs with children school aged. We meet at McMan downtown location at 5214 47Ave, to play and explore.

**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. We have this program at our downtown location at 5214 47Ave.

**Youth Anger Management:** This is a 2-session youth program, to help children aged 10-13yrs 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 healthy? This will be held in our downtown location at 5214 47Ave.

**Driver's Training:** 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 4-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.

**Pokemon Pop-Up:** Do you have a youth (ages 7-13yrs old), that is invested in Pokemon? Would you like them to have some time with other Pokemon fans? Register them for this afternoon pop-up. They can trade cards, learn to draw characters, tell stories, and make new friends that have the same interest. This will be an indoor program at our downtown location at 5214 47Ave.

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

**Teen Board Games @ Wizard's Loft:** 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. Limited spots so must register in advance.

**Unicorn Society:** The Unicorn Society is 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, do homework etc. This is your safe space for an hour and a half! Snacks provided. Register early! Time frames vary by age.

**Teen Taylor Swift Pop Up Party:** Teen SWIFTIES, it's your turn!! Join us for an afternoon of Taylor Swift fun. Bracelet making, dancing, singing, and activities. Teens must be 14-18 to join on this one. It's Time to Shake It Off! Registration required.

**Emotional Regulation for Teens:** We've switched this to an ongoing program, that you can register for at any time. 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 is required.

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

# June 2024 Parent Enrichment Programs (in-person)

Red Deer  
Family  
Resource  
Network

## For Parents and Caregivers

| Mon   | Tue  | Wed  | Thu   | Fri   | Sat   |
|---|--|--|---|---|---|
|   |  |  |   |   | 1   |
| 3<br><b>Infant Massage</b><br>1:00-3:00<br>*Tammy                                       | 4<br><b>Stepping Stones Triple P</b><br>10:00-12:00<br>*Tammy  | 5<br><b>Fear Less Triple P</b><br>1:00-3:00<br>*Tammy  | 6<br><b>Young Families Group</b><br>1:00-3:00<br>*Tammy                           | 7<br><b>Stepping Stones Triple P</b><br>Appointments Available<br>10:00-4:00<br>*Tammy  | 8   |
| <b>Sexual Exploitation</b><br>6:00-8:00<br><b>CALL</b><br>1-800-743-6179<br>to REGISTER | <b>Triple P Baby</b><br>1:00-3:00<br>*Timi                     |  | <b>Online Safety</b><br>6:00-8:00<br><b>CALL</b><br>1-800-743-6179<br>to REGISTER |   |   |
| 10<br><b>Infant Massage</b><br>1:00-3:00<br>*Tammy                                      | 11<br><b>Stepping Stones Triple P</b><br>10:00-12:00<br>*Tammy | 12   | 13<br><b>Special Needs Parent Support</b><br>1:00-3:00<br>*Tammy                  | 14<br><b>Stepping Stones Triple P</b><br>Appointments Available<br>10:00-4:00<br>*Tammy | 15<br><b>Family Transitions Triple P</b><br>9:00-4:00<br>*Tammy |
|   | <b>Triple P Baby</b><br>1:00-3:00<br>*Timi                     |  |   |   |   |
| 17<br><b>Infant Massage</b><br>1:00-3:00<br>*Tammy                                      | 18<br><b>Stepping Stones Triple P</b><br>10:00-12:00<br>*Tammy | 19<br><b>Fear Less Triple P</b><br>1:00-3:00<br>*Tammy | 20<br><b>Meal Planning/ Prep</b><br>1:00-3:00<br>*Tammy                           | 21<br><b>Stepping Stones Triple P</b><br>Appointments Available<br>10:00-4:00<br>*Tammy | 22  |
|   | <b>Triple P Baby</b><br>1:00-3:00<br>*Timi                     |  |   |   |   |
| 24<br><b>Infant Massage</b><br>1:00-3:00<br>*Tammy                                      | 25<br><b>Stepping Stones Triple P</b><br>10:00-12:00<br>*Tammy | 26   | 27<br><b>Parent Pop-up</b><br>1:00-3:00<br>*Tammy                                 | 28<br><b>Stepping Stones Triple P</b><br>Appointments Available<br>10:00-4:00<br>*Tammy | 29  |
|   | <b>Triple P Baby</b><br>1:00-3:00<br>*Timi                     |  | <b>LGBTQIA++ Caregiver Group</b><br>6:00-8:00<br>*Tammy                           |   |   |

To register for programs, please contact the person listed under each program:  
TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348  
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**Programs Located at the Red Deer McMan Office 5214-47 Ave Unit 103**  
**Programs Located at the Bower Community Hall 85 Boyce Street**

**Young Families Group:** Young parents/families, ages 15-25, are invited to join us at the FRN Play space with your children. Let your little ones play while you connect with other young families, access resources, build support, etc.

**Special Needs Caregiver 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.

**Meal Planning/Meal Prep Group:** A Monthly Meal Planning Group for families. Bring your kids to play while we prep. We will talk about how to meal plan 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 June 17<sup>th</sup>.

**Parent Pop-Up/Aromatherapy Rice Bags:** Hey caregivers! We have another fun activity for the adults to do while the kids play. Limited spots, register with Tammy.

**Family Transitions Triple P:** For families experiencing separation and/or divorce or struggling to co-parent in separate homes. This is typically a five-week course; however, this month it is being offered as a one-day workshop on a Saturday. You can always contact Tammy for more details about this program and to be added to our waitlist for upcoming programs.

**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.

**Triple P Stepping Stones:** 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. Contact Tammy to set up an intake. New spots available starting in June 2024.

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

**Triple P Baby:** Triple P Baby aims to prepare parents for a positive transition to parenthood and the first year with baby. Topics covered include positive parenting, responding to your baby, survival skills and partner support. This program is for parents at the transition of parenthood or with a baby up to 12 months of age.

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

### COPE PROGRAM LEARNING SERIES

**Online Safety:** This learning series will educate parents about the importance of monitoring and having open communication with youth about online safety. You will learn the dangers of social media, information about popular apps and steps you can take as caregivers to prevent sexual exploitation.

**Sexual Exploitation:** This learning series will educate parents about sexual exploitation. Some of the topics covered include what is sexual exploitation, the stages of grooming, risk factors, how to recognize sexual exploitation, safety planning and resources available in your community.

**CALL 1-800-743-6179 TO REGISTER**