

Red Deer  
Family  
Resource  
Network

# November 2023

Bower Community Centre (85 Boyce Street) &  
YMCA (6391-76th Street), Outdoor & Online Programs

Mon (Bower)      Tue (YMCA)      Wed      Thu (Bower)      Fri      Sat

1      2      3      4

Baby Buddies  
9:30-11:30  
\*Timi  
Lil Munchkins  
1:00-3:00  
\*Timi

6      7      8      9      10

Stay & Play  
Tip Sheets  
9:30-11:30  
\*Natasha  
Baby & Me  
1:00-3:00  
\*Natasha

Play & Learn  
9:30-11:30  
\*Natasha  
Walk & Play  
1:00-3:00  
\*Natasha  
Youth @ the Y  
3:00-5:00  
\*Shellsey

Baby Buddies  
9:30-11:30  
\*Timi  
Lil Munchkins  
1:00-3:00  
\*Timi

**ECD  
Programs  
for Children  
Ages 0-6 and  
their  
Parents/  
Caregivers**

13      14      15      16      17

Play & Learn  
9:30-11:30  
\*Natasha  
Youth @ the Y  
3:00-5:00  
\*Shellsey

Table Top Games  
@ Wizard's Loft  
4:00-5:30  
\*Tammy

Baby Buddies  
9:30-11:30  
\*Timi  
Lil Munchkins  
1:00-3:00  
\*Timi

**Programs  
for Youth  
Ages  
14-18**

20      21      22      23      24

Stay & Play  
With AHS-  
Goodbye Meal  
Time Struggles  
9:30-11:30  
\*Natasha  
Baby & Me  
1:00-3:00  
\*Natasha

Play & Learn  
9:30-11:30  
\*Natasha  
Walk & Play  
1:00-3:00  
\*Natasha  
Youth @ the Y  
3:00-5:00  
\*Shellsey

Baby Buddies  
With AHS-  
Infant Nutrition  
9:30-11:30  
\*Timi  
Lil Munchkins  
1:00-3:00  
\*Timi

**Programs  
for Youth  
Ages 7-13**

27      28      29      30

Stay & Play  
Tip Sheets  
9:30-11:30  
\*Natasha  
Baby & Me  
1:00-3:00  
\*Natasha

Play & Learn  
9:30-11:30  
\*Natasha  
Youth @ the Y  
3:00-5:00  
\*Shellsey

Baby Buddies  
9:30-11:30  
\*Timi  
Lil Munchkins  
1:00-3:00  
\*Timi

**Parent  
Enrichment  
Programs  
for Parents/  
Caregivers**

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

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

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

For general program inquiries please contact Lindsey:

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

# November 2023

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

Mon	Tue	Wed	Thu	Fri	Sat
		1 Homeschool Connections 9:30-11:00 *Timi Circle of Security 1:30-3:00 *Natasha Online Book Club 4:00-5:30 *Shellsey	2 Toddler Time 9:30-11:00 *Natasha Playground Pals 1:30-3:00 *Natasha Empowered Youth 3:00-5:00 *Shellsey Stepping Stones Triple P 4:00-5:30 *Tammy	3 Little Friends 9:30-11:00 *Natasha Stepping Stones Triple P 10:00-11:30 OR 1:30-3:00 *Tammy Friday Fun Times 1:30-3:00 *Shellsey	4 Bump Club 1:00-2:30 *Timi
6 Baby Kindermusik 10:00-11:30 *Shellsey	7 Stepping Stones Triple P 9:00-10:30 OR 1:30-3:00 *Tammy Discover Time 9:30-11:30 *Shellsey	8 Circle of Security 1:30-3:00 *Natasha Online Book Club 4:00-5:30 *Shellsey Group Triple P 6:00-8:00 *Tammy	9 Empowered Youth 3:00-5:00 *Shellsey Stepping Stones Triple P 4:00-5:30 *Tammy Arty, Art, Art 6:00-8:00 *Shellsey	10 Little Friends 9:30-11:00 *Natasha Stepping Stones Triple P 10:00-11:30 OR 1:30-3:00 *Tammy Friday Fun Times 1:30-3:00 *Shellsey	Programs for Youth Ages 14-18
13	14 Stepping Stones Triple P 9:00-10:30 *Tammy Discover Time 9:30-11:30 *Shellsey How Money Works 1:00-2:30 *Timi	15 Online Book Club 4:00-5:30 *Shellsey Group Triple P 6:00-8:00 *Tammy	16 Empowered Youth 3:00-5:00 *Shellsey Arty, Art, Art 6:00-8:00 *Shellsey Dr. Jody Carrington Presentation @ Bowden Community Hall lesley.whalen @mcmancentral.ca to register	17 Little Friends 9:30-11:00 *Natasha Stepping Stones Triple P 10:00-11:30 OR 1:30-3:00 *Tammy Friday Fun Times 1:30-3:00 *Shellsey	
20 Baby Kindermusik 10:00-11:30 *Shellsey Youth Anger Management 4:00-5:00 *Shellsey	21 Stepping Stones Triple P 9:00-10:30 OR 1:30-3:00 *Tammy Discover Time 9:30-11:30 *Shellsey	22 Circle of Security 1:30-3:00 *Natasha Online Book Club 4:00-5:30 *Shellsey Group Triple P 6:00-8:00 *Tammy Jackbox Game Night 4:00-5:30 *Tammy	23 Toddler Time 9:30-11:00 *Natasha Playground Pals 1:30-3:00 *Natasha Empowered Youth 3:00-5:00 *Shellsey Arty, Art, Art 6:00-8:00 *Shellsey	24 Little Friends 9:30-11:00 *Natasha Stepping Stones Triple P 10:00-11:30 *Tammy Friday Fun Times 1:30-3:00 *Shellsey	Programs for Youth Ages 7-13
27 Baby Kindermusik 10:00-11:30 *Shellsey Youth Anger Management 4:00-5:00 *Shellsey	28 Stepping Stones Triple P 10:00-11:30 *Tammy Discover Time 9:30-11:30 *Shellsey Investing 101 1:00-2:30 *Timi	29 Circle of Security 1:30-3:00 *Natasha Online Book Club 4:00-5:30 *Shellsey Unicorn Society Meet Up 4:00-5:30 *Tammy Group Triple P 6:00-8:00 *Tammy	30 Toddler Time 9:30-11:00 *Natasha Playground Pals 1:30-3:00 *Natasha Empowered Youth 3:00-5:00 *Shellsey Arty, Art, Art 6:00-8:00 *Shellsey		

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# November 2023 Program Info

**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 healthy? We have in-group discussions, and some work to do on their own or with family.

**Youth @ the Y:** 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.

**Youth Book Club:** This is an online Book Club for children ages 7-13yrs old. We read 1-2 chapters a sitting, and then participate in one or two activities after. Home address' are required to deliver the activity envelopes to homes. This month we will be continuing our journey through Wings of Fire Book 1.

**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.

**Arty, Art, Art:** DO YOU LOVE ART? DO YOU WANT TO EXPLORE ART? ARE YOU BETWEEN THE AGES OF 7-13YRS? Well then this might just be for you. Every week we explore a new form of art, or a new theme with art. Sometimes painting, folding, drawing and really just letting you be creative.

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

**Unicorn Society Meet Up @ FRN** – The Unicorn Society is a new, all inclusive teen program, that you may have been introduced to in your local High School. Join us for our first teen meet up at the Family Resource Network; play games, hang out, chill and listen to your fave music. This is your safe space for an hour and a half! Snacks provided. Register early!

**Table Top Gaming @ Wizard's Loft:** Explore over 500 types of board games at Wizard's Loft Game Café with other teens. Join the fun, make friends, bring friends. Limited spots so must register in advance.

**Jackbox Game Night:** Drawing, Writing, Trivia, and Hidden Identity Games, No Party-goer gets left behind. Jackbox is the party game that anyone with a connected device can join the fun, so cell phones ARE allowed! Join us for a Jackbox party night, bonus Halloween treats for all gamers that joins.

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**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.

**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. November program is being offered in the evening, limited spots for child-minding available.

**Anger Management for Families:** (Ongoing from October) Anger is a healthy emotion that everyone feels at one time or another; however, when it begins to impact our relationships, parenting, and daily lives, it may be time to look at strategies to help manage it better. Join us for this 8 week workshop where we discuss what anger is, how it impacts us, strategies, and a coping plan to help us deal with this emotion in a more positive way. Waitlist is active for next round of workshops, contact Tammy for details.

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**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 afternoon and have your money questions answered. Limited childcare spaces are available. Registration is required.

**Investing 101:** Are you worried about retirement? Do you just have questions about it? Join us for a program with a financial representative that focuses specifically on investing for retirement. Limited childcare spaces are available. Registration is required.

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**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.

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

## November 2023 Program Info

**Stay and Play:** Come join in some indoor play at the Bower Community Center. We will have a different activity each week and we end each group with a story and some dancing with our littles.

**Baby and Me:** Ages 0-18mths. Learn, play and grow with baby while connecting with other caregivers. Registration required.

**Walk and Play:** Join us for a walk and some park play. We will be at a different location each week! 7th- Heritage Ranch, 21<sup>st</sup> - Bower Ponds. We will be leaving for our walk at 1:05pm. Registration Required

**Playground Pals:** Come join us for some outdoor play. We will be meeting up at a different park around Red Deer each week. Nov 2- Kin Canyon, Nov 23 -Bower Community Center, Nov 30 - Heritage Ranch. Registration Required

**Toddler Time:** This program is for our littles (18 months and up). A chance to make new friends, learn to problem solve, get creative and have some fun! Registration required.

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

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

**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. Registration is required.

**Lil Munchkins:** Join us for an afternoon of play, activities, and new friends. 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.

**Goodbye Mealtime Struggles:** Join a registered dietitian to explore the various reasons behind mealtime struggles and leave with strategies to make mealtimes happy times! Registration is required.

**Infant Nutrition:** Join a registered dietitian to learn about what foods to start with, food allergies, preparing different textures, baby-led weaning, and more! Registration is required.

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**Baby Kindermusik:** Do you have a baby between the ages of 0-2yrs? Are you looking to get out, meet other families, and introduce your baby to music? We are offering a Baby Kindermusik group. We sing songs, play age-appropriate instruments, (rattles, egg shakers, spinners), we explore sounds, books and we even do an art project.

**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.

**Friday Fun Times:** This is an afternoon programs for families with children ages 0-6yrs old. A chance to play with new friends, new toys, make crafts and have a wonderful afternoon. Open and welcoming play time.

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