

Red Deer  
Family  
Resource  
Network

# September 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 Baby Buddies 9:30-11:30 *Shellsey Preschool Pals 1:00-3:00 *Tammy	2	3
5 <b>STAT</b>	6 Play & Learn 9:30-11:30 *Tammy Youth @ the Y 3:00-5:00 *Shellsey	7	8 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Tammy Youth Friendship & Relationship Milestone 4:00-6:00 *Sherry	9	Programs for Youth Ages 14-18
12 Get Crafty 9:30-11:30 *Shellsey Infant Rhyme & Story Time 1:00-2:30 *Tammy	13 Play & Learn 9:30-11:30 *Tammy Youth @ the Y 3:00-5:00 *Shellsey	14	15 Baby Buddies 9:30-11:30 *Timi Youth Friendship & Relationship Milestone 4:00-6:00 *Sherry	16	
19 Get Crafty 9:30-11:30 *Shellsey Infant Rhyme & Story Time 1:00-2:30 *Tammy	20 Play & Learn 9:30-11:30 *Tammy Youth @ the Y 3:00-5:00 *Shellsey	21	22 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Tammy Youth Club- Bower Community BBQ 4:00-6:00 *Sherry	23	ECD Programs for Children Ages 0-6 and their Parents/ Caregivers
26 Get Crafty 9:30-11:30 *Shellsey Infant Rhyme & Story Time 1:00-2:30 *Tammy	27 Play & Learn 9:30-11:30 *Tammy Youth @ the Y 3:00-5:00 *Shellsey	28	29 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Tammy Orange Shirt Family Picnic 4:00-6:00 *Sherry	30	

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

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Mon	Tue	Wed	Th	Fri	Sat
			1 Empowered Youth 3:00-5:00 *Shellsey	2 Play Learn Grow 9:30-11:30 Drop In Little Helpers 1:30-3:00 Drop In	Parent Enrichment Programs for Parents/Caregivers
5 <b>STAT</b>	6 Teen Triple P 1:00-3:00 *Tammy Sensory Time 1:30-3:30 *Timi	7 Group Triple P 10:00-12:00 *Tammy Baby & Me 1:30-3:00 Drop In	8 Empowered Youth 3:00-5:00 *Shellsey	9 Play Learn Grow 9:30-11:30 Drop In Little Helpers 1:30-3:00 Drop In	10 Story Sack Workshop 9:00-12:00 *Tammy
12 Story Sacks 9:30-11:30 *Tammy Kindermusik 1:30-3:00 *Shellsey Stepping Stones Triple P 3:30-4:30 *Tammy	13 Teen Triple P 1:00-3:00 *Tammy Sensory Time 1:30-3:30 *Timi	14 Group Triple P 10:00-12:00 *Tammy Baby & Me 1:30-3:00 Drop In Parent & Teen Conflict Resolution 5:30-7:30 *Sherry or Tammy	15 Empowered Youth 3:00-5:00 *Shellsey	16 Play Learn Grow 9:30-11:30 Drop In Little Helpers 1:30-3:00 Drop In	ECD Programs for Children Ages 0-6 and their Parents/Caregivers
19 Story Sacks 9:30-11:30 *Tammy Kindermusik 1:30-3:00 *Shellsey Stepping Stones Triple P 3:30-4:30	20 Sensory Time 1:30-3:30 *Timi	21 Open House and BBQ 12:00-4:30	22 Empowered Youth 3:00-5:00 *Shellsey	23 Play Learn Grow 9:30-11:30 Drop In Little Helpers 1:30-3:00 Drop In	Programs for Youth Ages 7-13
26 Story Sacks 9:30-11:30 *Tammy Kindermusik 1:30-3:00 *Shellsey Stepping Stones Triple P 3:30-4:30 *Tammy	27 Teen Triple P 1:00-3:00 *Tammy Sensory Time 1:30-3:30 *Timi	28 Group Triple P 10:00-12:00 *Tammy Baby & Me 1:30-3:00 Drop In Parent & Teen Conflict Resolution 5:30-7:30 *Sherry or Tammy	29 Empowered Youth 3:00-5:00 *Shellsey	30 <b>STAT</b>	Programs for Youth Ages 14-18

**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.**

Red Deer  
Family  
Resource  
Network

# September 2022

## Outdoor & Virtual Programs

Mon Tue Wed Thu Fri Sat

1 2 3

Friday Fun Times  
9:30-11:30  
\*Shellsey

5

STAT

6

Strollercize @  
Heritage  
Ranch  
10:00-11:30  
\*Timi

7

Virtual Book Club  
4:00-5:30  
\*Shellsey

8

Virtual Art  
Attack  
2:00-3:00  
\*Timi

9

Friday Fun Times  
9:30-11:30  
\*Shellsey

Programs  
for Youth  
Ages  
7-13

12

Strollercize @  
Bower Ponds  
10:00-11:30  
\*Timi

13

Virtual Book Club  
4:00-5:30  
\*Shellsey

14

15

16

Friday Fun Times  
9:30-11:30  
\*Shellsey

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

19

Strollercize @  
Heritage  
Ranch  
10:00-11:30  
\*Timi

20

Open House  
and BBQ  
12:00-4:30 @  
Family  
Resource  
Network

21

Virtual Art  
Attack  
2:00-3:00  
\*Timi

22

23

Friday Fun Times  
9:30-11:30  
\*Shellsey

24

Youth Hike  
@ Bower  
Ponds  
(pick up at  
Heritage  
Ranch)  
10:00-12:00  
\*Shellsey

26

Strollercize @  
Bower Ponds  
10:00-11:30  
\*Timi

27

Virtual Book Club  
4:00-5:30  
\*Shellsey

28

Virtual Art  
Attack  
2:00-3:00  
\*Timi

29

30

STAT

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## September Youth & Parent Enrichment Program Info

**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.

**Youth Hike:** This is a one-time Saturday group for youth ages 7-13, to get together at Bower Ponds and have a fun interactive hike to Heritage Ranch. It's a chance to meet new friends, get some fresh air and some exercise while having fun.

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

**Parent & Teen Conflict Resolution:** A two session workshop for parents/caregivers and their teens to build conflict resolution skills, communication strategies, and problem solving approaches. Caregivers and teens will meet separately with facilitators and then come together to practice their skills. This workshop requires both caregivers and teens to register for the sessions.

**Youth Friendship & Relationship Milestone:** In this Healthy Relationship program, teenagers develop friendship connections in a caring environment with their peers, as they learn about the importance of a healthy relationship and how easily it can be accomplished. Thursday, Sept 8<sup>th</sup> and 15<sup>th</sup> at the Bower Community Hall.

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SHERRY.ROLLS@MCMANCENTRAL.CA OR 403-896-5435**

**Parent & Teen Conflict Resolution:** A two session workshop for parents/caregivers and their teens to build conflict resolution skills, communication strategies, and problem solving approaches. Caregivers and teens will meet separately with facilitators and then come together to practice their skills. This workshop requires both caregivers and teens to register for the sessions.

**Infant Rhyme & Story Time:** A program for children ages 0-18 months and their caregivers, It's never too early to develop literacy skills. Join us as we sing songs, rhymes, and tell stories to engage our little ones in family literacy and reading readiness. Registration is required for this program.

**Story Sacks Program:** What will be in the story sack this week? In this family literacy program, we will explore a new book each week using puppets, games, activities, etc. that correspond with the story. A great way to encourage an early love of reading for our little ones, ages 0-6. Registration is required for this program.

**Story Sacks Workshop:** A great way to get children hooked on reading is to create a story sack. Story sacks are kits that you put together around a book. They may include puppets, games, activities, etc that relate to the story. Join us as we create our very own story sacks for you to use with your child. Registration is required for this workshop.

**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!

**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**

## September ECD Program Info

**Kindermusik:** This 3 week program is a program that introduces sounds, dance, and instruments to children ages 3-5 yrs old. Join us for different themes, songs, and instruments weekly, and meet some new families. Themes include On The Farm and Underwater Fun.

**Friday Fun Times:** This is an outdoor program for children ages 0-6 years old. Each Friday we will be playing and crafting in a different park around Red Deer. It's a chance to meet up with friends, make new friends and play in the outdoors before the weather turns too cold.

**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!

**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.

6<sup>th</sup> – Heritage Ranch, 13<sup>th</sup> – Bower Ponds, 20<sup>th</sup> – Heritage Ranch, 27<sup>th</sup> – Bower Ponds.

\*Please note that we will be leaving for the walk at 10:05am.\*

**Sensory Time:** Join us Tuesday afternoons for some sensory fun and free play! Registration required 24 hours in advance.

**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!

**Virtual Art Attack:** Join us virtually to create a new art project each week. Kits containing required supplies will be provided. Registration required 48 hours in advance.

**Play, Learn, Grow:** Join us for a morning full of learning, playing and growing with your child. This is a drop in program.

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

**Baby & Me Drop In:** 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 Drop In:** '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.

**Play & Learn:** Come join us at the YMCA for some indoor play, crafts, and circle time.

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

**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.