

Red Deer  
Family  
Resource  
Network


# November 2022

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

## Online Programs

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 (Online)	Thu (Bower)	F	Sat
	1 Play & Learn 9:30-11:30 *Tammy Youth @ the Y 3:00-5:00 *Shellsey	2 Online Book Club 4:00-5:30 *Shellsey	3 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Tammy	4	5
7 Get Crafty 9:30-11:30 *Shellsey	8 Play & Learn 9:30-11:30 *Tammy Youth @ the Y 3:00-5:00 *Shellsey	9 Online Book Club 4:00-5:30 *Shellsey	10 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Timi	11  REMEMBRANCE DAY <i>Let's Not Forget</i>	ECD Programs for Children Ages 0-6 and their Parents/Caregivers
14 Get Crafty 9:30-11:30 *Shellsey	15 Play & Learn 9:30-11:30 *Tammy Youth @ the Y 3:00-5:00 *Shellsey	16 Online Book Club 4:00-5:30 *Shellsey	17 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Timi	18	Programs for Youth Ages 7-13
21 Get Crafty 9:30-11:30 *Shellsey	22 Play & Learn 9:30-11:30 *Tammy Youth @ the Y 3:00-5:00 *Shellsey	23 Online Book Club 4:00-5:30 *Shellsey	24 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Timi Painting Lessons with Greg Swainson 4:00-6:00 *Sherry	25	Programs for Youth Ages 14-18
28 Get Crafty 9:30-11:30 *Shellsey	29 Play & Learn 9:30-11:30 *Tammy	30			

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

Mon Tue Wed Th Fri Sat

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Mon	Tue	Wed	Th	Fri	Sat
<p>Stepping Stones Triple P One on One Sessions also available every Monday from 3:30-4:30 by Appointment Only</p>	<p>1 Active Parenting of Teens 1:00-3:00 *Tammy</p>	<p>2 Triple P: Power of Positive Parenting 10:00-12:00 *Tammy Baby &amp; Me 1:30-3:00 *Tammy Stepping Stones Triple P 3:00-4:30 *Tammy</p>	<p>3 Empowered Youth 3:00-5:00 *Shellsey</p>	<p>4 Stepping Stones Triple P 9:30-11:30 *Tammy Little Helpers 1:30-3:00 *Tammy</p>	<p>Programs for Youth Ages 14-18</p>
<p>7 Infant Rhyme &amp; Story Time 9:30-11:00 Fine Motor Fun 1:30-3:00 *Tammy Teens Time 4:00-6:00 *Shellsey</p>	<p>8 Active Parenting of Teens 1:00-3:00 *Tammy Play Learn Grow 1:30-3:00 *Timi</p>	<p>9 Baby &amp; Me 1:30-3:00 *Tammy Stepping Stones Triple P 3:00-4:30 *Tammy</p>	<p>10 Kindermusik 9:30-11:00 *Shellsey Empowered Youth 3:00-5:00 *Shellsey</p>	<p>11  REMEMBRANCE DAY <i>Left No One Behind</i></p>	
<p>14 Teens Time 4:00-6:00 *Shellsey</p>	<p>15 Play Learn Grow 1:30-3:00 *Timi</p>	<p>16 Stepping Stones Triple P 3:30-4:30 *Tammy Parents Book Club 6:30-8:30 *Tammy</p>	<p>17 Kindermusik 9:30-11:00 *Shellsey Empowered Youth 3:00-5:00 *Shellsey Parents Play Too 6:30-8:30 *Tammy</p>	<p>18 Stepping Stones Triple P 9:30-11:30 *Tammy Little Helpers 1:30-3:00 *Tammy</p>	<p>19 Art Attack 10:00-11:30 *Timi</p>
<p>21 Infant Rhyme &amp; Story Time 9:30-11:00 Fine Motor Fun 1:30-3:00 *Tammy Teens Time 4:00-6:00 *Shellsey</p>	<p>22 Play Learn Grow 1:30-3:00 *Timi</p>	<p>23 Triple P: Raising Confident, Competent Children 10:00-12:00 *Tammy Baby &amp; Me 1:30-3:00 *Tammy Stepping Stones Triple P 3:00-4:30 *Tammy</p>	<p>24</p>	<p>25 Stepping Stones Triple P 9:30-11:30 *Tammy Little Helpers 1:30-3:00 *Tammy</p>	<p>Programs for Youth Ages 7-13</p>
<p>28 Infant Rhyme &amp; Story Time 9:30-11:00 Fine Motor Fun 1:30-3:00 *Tammy Teens Time 4:00-6:00 *Shellsey</p>	<p>29 Active Parenting of Teens 1:00-3:00 *Tammy Play Learn Grow 1:30-3:00 *Timi</p>	<p>30 Triple P: Raising Resilient Children 10:00-12:00 *Tammy Baby &amp; Me 1:30-3:00 *Tammy</p>	<p><b>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.</b></p>		

## November Youth & Parent Enrichment Program Info

**Youth @ the Y:** This is a program for youth ages 7-13 years 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.

**Virtual Book Club:** This is an online Book Club for children ages 7-13 years old. We read 1-2 chapters a sitting, and then participate in one or two activities after. Home addresses are required to deliver the activity envelopes to homes. Right now, we are reading Harry Potter and the Philosopher's Stone, and Harry Potter and the Chamber of Secrets.

**Empowered Youth:** This is a youth program for children ages 7-13 years 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.

**Teens Time:** This is a program for teenagers ages 14-18 yrs old. We meet and interact with each other, play games, craft, or watch a movie. It gives the teens a chance to meet others and have some fun.

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

**Stepping Stones Triple P:** This program is for families with children who have a disability and also have disruptive behavior.

**Active Parenting of Teens:** For parents to preteens and teens, this program provides parents with the skills needed to use effective discipline, teach responsibility, and communicate with their children.

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

**Parents Book Club:** A book club for parents, meeting monthly starting in November. Our first book will be **Atomic Habits**, by James Clear. Please contact Tammy for more details and to register.

**Parents Play Too:** A monthly creative session for parents only, to enjoy social time while creating, crafting, and enjoying the ALL ages Art of PLAY. Please contact Tammy for more details and to register.

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TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348**

## November ECD Program Info

**Get Crafty:** This is an early childhood program for children between the ages of 0-6 years old. Every week we offer crafts to create, plus toy centers, and play areas. We end every group with a story time and dance party.

**Kindermusik:** This is an early childhood program for children ages 3-5 years old. We provide instruments, sing songs, play with new friends and sometimes we have a craft or activity to participate in as well!

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**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!

**Art Attack:** Join us on Saturday, November 19th for crafts and indoor play. Registration is required by November 16.

**Play, Learn, Grow:** Join us for an afternoon full of learning, playing and growing with your child. Registration is required.

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

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**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. \*\*no longer a drop in program, please PRE-REGISTER\*\*

**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. \*\*no longer a drop in program, please PRE-REGISTER\*\*

**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.

**Fine Motor Fun:** Cut, scribble, draw, play & build. Join us for all the activities this month that promote fine motor development for your little ones. This program is for ages 2-4.

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

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