

Red Deer
Family
Resource
Network

February 2023

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

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

Mon (Bower)	Tue (YMCA)	Wed (Online)	Thu (Bower/Online)	Fri	Sat
		1 Virtual Art Attack 2:00-3:00 *Timi Online Book Club 4:00-5:30 *Shellsey	2 Baby Buddies-Bower 9:30-11:30 *Timi Preschool Pals-Bower 1:00-3:00 *Natasha Teen Check In Online 5:30-6:30 *Tammy	3	Parent Enrichment Programs for Parents/ Caregivers
6 Get Crafty ASQ's & Tip Sheets 9:30-11:30 *Natasha Baby Kindermusik 1:30-3:00 *Shellsey	7 Parent & Tot Yoga 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey	8 Online Book Club 4:00-5:30 *Shellsey	9 Baby Buddies-Bower 9:30-11:30 *Timi Preschool Pals-Bower 1:00-3:00 *Natasha Teen Check In Online 5:30-6:30 *Tammy	10	ECD Programs for Children Ages 0-6 and their Parents/ Caregivers
13 Get Crafty ASQ's & Tip Sheets 9:30-11:30 *Natasha Baby Kindermusik 1:30-3:00 *Shellsey	14 Parent & Tot Yoga 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey	15 Virtual Art Attack 2:00-3:00 *Timi Online Book Club 4:00-5:30 *Shellsey	16 Baby Buddies-Bower 9:30-11:30 *Timi Preschool Pals-Bower 1:00-3:00 *Natasha Teen Check In Online 5:30-6:30 *Tammy	17	Programs for Youth Ages 14-18
20 FAMILY DAY	21 Parent & Tot Yoga 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey	22 Online Book Club 4:00-5:30 *Shellsey	23 Baby Buddies-Bower 9:30-11:30 *Timi Preschool Pals-Bower 1:00-3:00 *Natasha	24	Programs for Youth Ages 7-13
27 Get Crafty ASQ's & Tip Sheets 9:30-11:30 *Natasha Baby Kindermusik 1:30-3:00 *Shellsey	28 Parent & Tot Yoga 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey	<p>PLEASE BE SURE TO LET YOUR FACILITATOR KNOW IF YOU ARE UNABLE TO MAKE IT TO A PROGRAM YOU HAVE SIGNED UP FOR. OUR PROGRAMS HAVE BEEN FILLING UP FAST AND WE HAVE PEOPLE ON THE WAITLIST. THANK YOU!</p>			

February 2023

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

Red Deer
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Mon Tue Wed Thu Fri Sat

		1	2	3	4
ECD Programs for Children Ages 0-6 and their Parents/ Caregivers	Parent Enrichment Programs for Parents/ Caregivers	Group Triple P 9:30-11:30 *Tammy Circle of Security 1:30-3:30 *Natasha	Fear-Less Triple P 9:00-10:30 *Tammy Toddler Time 9:30-11:30 *Natasha Family Transitions Triple P 2:30-4:00 *Tammy Empowered Youth 3:00-5:00 *Shellsey	Friday Fun Times 1:30-3:00 *Natasha Stepping Stones Triple P 1:30-3:00 *Tammy	Saturday Sillies! 1:00-3:00 *Natasha

6	7	8	9	10	11
Stepping Stones Triple P 1:30-3:00 *Tammy Fine Motor Fun 1:30-3:00 *Timi Fight the Fear 11-14 yr olds 4:00-5:30 *Shellsey Bump Club 6:00-7:30 *Timi	Art Attack 1:30-3:00 *Timi	Group Triple P 9:30-11:30 *Tammy Circle of Security 1:30-3:30 *Natasha	Fear-Less Triple P 9:00-10:30 *Tammy Toddler Time 9:30-11:30 *Natasha Family Transitions Triple P 2:30-4:00 *Tammy Empowered Youth 3:00-5:00 *Shellsey	Play Learn Grow 9:30-11:00 *Timi Friday Fun Times 1:30-3:00 *Natasha Stepping Stones Triple P 1:30-3:00 *Tammy	HipHop & Graffiti Art With Sabatoge and Smallz 10:00-12:00 *Shellsey

13	14	15	16	17	Programs for Youth Ages 14-18
Stepping Stones Triple P 1:30-3:00 *Tammy Fine Motor Fun 1:30-3:00 *Timi Fight the Fear 11-14 yr olds 4:00-5:30 *Shellsey	Ready Set Grow 9:30-11:00 *Timi Valentines Party 1:30-3:00 *Timi	Circle of Security 1:30-3:30 *Natasha Parents Play Too 6:30-8:30 *Tammy	Fear-Less Triple P 9:00-10:30 *Tammy Toddler Time 9:30-11:30 *Natasha Family Transitions Triple P 2:30-4:00 *Tammy Empowered Youth 3:00-5:00 *Shellsey	Play Learn Grow 9:30-11:00 *Timi	

20	21	22	23	24	Programs for Youth Ages 7-13
FAMILY DAY	Family Story Telling Circle with Elder Corky 1:30-3:00 *Tammy Fear-Less Triple P 6:00-8:00 *Tammy	Circle of Security 1:30-3:30 *Natasha	Toddler Time 9:30-11:30 *Natasha Empowered Youth 1:30-3:00 *Shellsey You Glow! Teen Empowerment & Self-Care 5:30-7:30 *Tammy	Friday Fun Times 1:30-3:00 *Natasha Stepping Stones Triple P 1:30-3:00 *Tammy	

27	28
Stepping Stones Triple P 1:30-3:00 *Tammy Fine Motor Fun 1:30-3:00 *Timi Fight the Fear 11-14 yr olds 4:00-5:30 *Shellsey	Ready Set Grow 9:30-11:00 *Timi Art Attack 1:30-3:00 *Timi Fear-Less Triple P 6:00-8:00 *Tammy

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.

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February Youth & Parent Enrichment Program Info

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 & participate in new activities.

Online 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 Prisoner of Azkaban.

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.

Fight the Fear: We are offering a 3-week session on how to identify and work through anxiety. Triggers, self-calming, and recognition of how the body and mind react will be covered. Available for young youth ages 11-14yrs old.

Youth Hip Hop & Graffiti: Do you have a youth between the ages of 7-13yrs old? Are they into hip hop and graffiti? Well, we have an activity for them!!! Join hip hop instructor Sabatoge for an hour of hip hop dance instruction and fun. After that they will join graffiti artist Smallz for some instruction and creative artwork. A Saturday of creative expression.

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

You Glow! Teen Self-Care Night: For ages 14-18, an evening of self-care and GLOW UP, for ALL teens! Presented by make-up artist and owner of Adekat Beauty, Garin Adekat. Limited spots, please register in advance.

Teen Check-in Online: This one-hour online program is for teens ages 14-18yrs old to connect and check in with how their week has been and how they are feeling. A chance to discuss things that are occurring in their life, whether it be uplifting or challenging.

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Group Triple P: A four week in-person 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.

Triple P Family Transitions: A 5 week in-person group program, for families transitioning through separation or divorce. Please contact Tammy for more information, and to see if this program is a fit for your family.

Teen Triple P: A 4 week in-person group program, for families of teens with disruptive behaviors. Please contact Tammy for more details and to see if this program is a fit for your family.

Stepping Stones Triple P: This program is for families of children, ages 2-12, with special needs that have disruptive behaviors. Please contact Tammy for more details as this program is offered 1-1 and not in a group format.

Triple P Fear-Less: A 6 week in-person group program, for families of youth ages 6-14 with anxiety. Please contact Tammy for more details and to see if this program is a fit for your family.

Parents Play Too: Parent focused fun with an evening of activities, games, and/or crafts. Children invited too, to play in FRN play space while Parents/Caregivers have their fun!

ASQ & Tip Sheets: Book some time with Tammy (while at Get Crafty program), to talk about your child's developmental milestones, what to look forward to as they grow, and parenting tips from the Positive Parenting Program (Triple P).

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February ECD Program Info

Baby Kindermusik: This is an early childhood program for children ages 0-2yrs old. We provide instruments, and we sing songs, play with new friends and sometimes we have a craft to create.

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

Fine Motor Fun: Cut, scribble, draw, play, and build. Join us on Monday afternoons for activities that promote fine motor development for your little ones. This program is for ages 2-4 years old. Registration is required.

Bump Club: Are you pregnant and looking to make some new friends? Join us for a morning of socializing and forming connections with other Moms-to-be. Registration is required by February 3rd.

Ready, Set, Grow: Join us on Tuesday mornings for indoor play, table top activities and socialization for yourself and your little. This program is for ages 0-6 years old. Registration is required.

Art Attack: Join us February 7th & 28th for an afternoon of crafts and indoor play. This program is for ages 3-6 years old. Registration is required.

Valentine's Party: Join us on the 14th for a Valentine's Day Party! Registration required by February 10th.

Virtual Art Attack: Join us virtually to create a new art project on the 1st and 15th. This program is for ages 3-6 years old. Kits containing required supplies will be provided. Registration required at least 48 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! Registration is required.

Play, Learn, Grow: Join us for a morning of learning, playing, and growing with your child. This program is for ages 0-6 years old. Registration is required.

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

Family Story Telling Circle: Join us for a special story time and sharing circle of our very own, with Indigenous Elder & Author, Theresa 'Corky' Larsen-Jonassen, as she shares her story, "The Sharing Circle". For families of all ages!

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Preschool Pals: Come join us at the Bower Community Hall on Thursday afternoons. There will be different activities each week. Registration is required.

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

Parent & Tot Yoga: Come join Miss Jamie from Little Lights Yoga. The kids will take a yoga journey using their imaginations with special themes and storytelling. Children will learn breathing exercises, yoga poses, yoga games and relaxation techniques. These classes are packed full of fun. Ages 2.5-6 years. Registration required.

Saturday Sillies: Join me Saturday February 4th from 1:00-3:00pm for some free play, crafts and a circle time. Registration required by February 2nd.

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