

Red Deer
Family
Resource
Network

October 2023

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

Mon (Bower) **Tue** (YMCA/Outdoors) **Wed** (Outdoors/Online) **Thu** (Bower/Outdoors/Online) **Fri** **Sat**

2
Stay & Play
Tip Sheets
9:30-11:30
*Natasha
Baby & Me
1:00-3:00
*Natasha

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

4
Strollercize
10:00-11:30
*Timi
Online Book Club
4:00-5:30
*Shellsey

5
Baby Buddies
9:30-11:30
*Timi
Preschool Pals
1:00-3:00
*Timi
Playground Pals
1:30-3:00
*Natasha
Online Teen Talk
Group
4:30-5:30
*Tammy

6

9
STAT

10
Play & Learn
9:30-11:30
*Natasha
Walk & Play
1:00-3:00
*Natasha
Youth @ the Y
3:00-5:00
*Shellsey

11
Strollercize
10:00-11:30
*Timi
Online Book Club
4:00-5:30
*Shellsey

12
Baby Buddies
9:30-11:30
*Timi
Preschool Pals
1:00-3:00
*Timi
Playground Pals
1:30-3:00
*Natasha

13

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

16
Stay & Play
Tip Sheets
9:30-11:30
*Natasha
Baby & Me
1:00-3:00
*Natasha

17
Play & Learn
9:30-11:30
*Natasha
Walk & Play
1:00-3:00
*Natasha
Youth @ the Y
3:00-5:00
*Shellsey

18
Strollercize
10:00-11:30
*Timi
Online Book Club
4:00-5:30
*Shellsey

19
Baby Buddies
9:30-11:30
*Timi
Preschool Pals
1:00-3:00
*Timi
Playground Pals
1:30-3:00
*Natasha

20

**Programs
for Youth
Ages
14-18**

23
Stay & Play
Tip Sheets
9:30-11:30
*Natasha
Baby & Me
1:00-3:00
*Natasha

24
Play & Learn
9:30-11:30
*Natasha
Walk & Play
1:00-3:00
*Natasha
Youth @ the Y
3:00-5:00
*Shellsey

25
Strollercize
10:00-11:30
*Timi
Online Book Club
4:00-5:30
*Shellsey

26
Baby Buddies
9:30-11:30
*Timi
Preschool Pals
1:00-3:00
*Timi
Playground Pals
1:30-3:00
*Natasha

27

**Programs
for Youth
Ages 7-13**

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

31
Play & Learn
9:30-11:30
*Natasha
Youth @ the Y
3:00-5:00
*Shellsey




**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

October 2023

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

Mon	Tue	Wed	Thu	Fri	Sat
2 Baby Kindermusik 10:00-11:30 *Shellsey	3 Discover Time 9:30-11:30 *Shellsey Bump Club 1:30-3:00 *Timi Stepping Stones Triple P 10:00-11:30 *Tammy Teen Triple P 1:30-3:30 *Tammy	4 Circle of Security 1:30-3:00 *Natasha Teen Jam 5:00-7:00 *Tammy	5 Sensory Time 9:30-11:00 *Natasha Young Parents Group 1:30-3:00 *Tammy Empowered Youth 3:00-5:00 *Shellsey	6 Little Friends 9:30-11:00 *Natasha Stepping Stones Triple P 10:00-11:30 OR 3:30-5:00 *Tammy	7 Parents Play Too! Ghost Painting Class 2:00-4:00 *Tammy
9 STAT	10 Discover Time 9:30-11:30 *Shellsey Little Explorers 1:30-3:00 *Timi	11 Circle of Security 1:30-3:00 *Natasha	12 Sensory Time 9:30-11:00 *Natasha Empowered Youth 3:00-5:00 *Shellsey	13 Little Friends 9:30-11:00 *Natasha Friday Fun Times 1:30-3:00 *Shellsey	Programs for Youth Ages 14-18
16 Baby Kindermusik 10:00-11:30 *Shellsey Fight the Fear 4:00-5:30 *Shellsey	17 Discover Time 9:30-11:30 *Shellsey Homeschool Connections 1:30-3:00 *Timi Stepping Stones Triple P 10:00-11:30 *Tammy Teen Triple P 1:30-3:30 *Tammy	18 Table Top Games @ Wizards Loft 5:00-7:00 *Tammy	19 Sensory Time 9:30-11:00 *Natasha Young Parents Group 1:30-3:00 *Tammy Empowered Youth 3:00-5:00 *Shellsey Anger Management for Families 6:00-7:30 *Tammy	20 Little Friends 9:30-11:00 *Natasha Friday Fun Times 1:30-3:00 *Shellsey Stepping Stones Triple P 10:00-11:30 OR 3:30-5:00 *Tammy	
23 Baby Kindermusik 10:00-11:30 *Shellsey	24 Discover Time 9:30-11:30 *Shellsey Little Explorers 1:30-3:00 *Timi Stepping Stones Triple P 10:00-11:30 *Tammy Teen Triple P 1:30-3:30 *Tammy	25 Circle of Security 1:30-3:00 *Natasha Jackbox Game Night 5:00-7:00 *Tammy	26 Sensory Time 9:30-11:00 *Natasha Empowered Youth 3:00-5:00 *Shellsey Anger Management for Families 6:00-7:30 *Tammy	27 Little Friends 9:30-11:00 *Natasha Friday Fun Times 1:30-3:00 *Shellsey Stepping Stones Triple P 10:00-11:30 OR 3:30-5:00 *Tammy	Programs for Youth Ages 7-13
30 Baby Kindermusik 10:00-11:30 *Shellsey	31 Discover Time 9:30-11:30 *Shellsey Halloween Bash! 1:30-3:00 *Timi Stepping Stones Triple P 10:00-11:30 *Tammy Teen Triple P 1:30-3:30 *Tammy				

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

October 2023 Program Info

Youth @ the Y: Do you have youth how need to interact with new friends and in a new space after school. Why not bring them to the YMCA and have them hang out. We have different themes each week. We bring crafts, board games, card games, snacks, and activities for youth ages 7-13 yrs old.

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.

Fight the Fear (anxiety): This is a youth program for children ages 10-13yrs old. It is a three-session group that will help the child to recognize what anxiety feels like for them, what are their triggers, and what they can do to get through an attack and feel better about themselves. We try to have a very calm space and let everyone join in and share with us how they are feeling and they feel when in an attack.

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.

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

Teen Jam: It's a music night for teens! Bring your fave instrument and jam with old friends and new at our FRN space. Snacks provided.

Teen Talk Virtual Group: A virtual group for teens to check-in with a safe adult, explore answers, connect, and gain resources. Register to get the link.

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

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 Teen Triple P: For families of teens ages 13+ with behavioral concerns. Connect with Facilitator and other families to discuss strategies to support your family's needs. This is a 4 week workshop with connections to support additional 4 weeks, as needed.

Young Parent's Group: A space for young parents, ages 15-25 to connect, encourage, and support one another. All young families welcome and play space for ages 0-6.

Parents Play Too!: The Parents Play Too group is back! Join us for a fun activity that is geared towards the adults in a child's life. It's all about the adults getting to experience fun too, while the children make use of our play space. This month we will be taking on the TikTok trend of Ghost Painting! All supplies provided to paint your own fun ghost décor, just in time for Fall! Limited spots so please register.

Anger Management for Families: 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.

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

Bump Club: Are you pregnant and looking to make some new friends? Join us for an afternoon of socializing and forming connections with other Moms-to-be. 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**

October 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! 3rd – Bower Ponds, 10th – Heritage Ranch, 17th Bower Ponds, 24th – Heritage Ranch. 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. Oct 5- Kin Canyon, Oct 12 – Oct 19 – Bower Community Center, Oct 26 – Heritage Ranch. Registration Required

Sensory Time: Sensory play is a great way for children to use all five senses at once! Parent and their children will have fun playing in a new sensory bin that explores different textures, colors and themes that spark the imagination. 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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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.

Little Explorers: This program is for our toddlers (18 months – 3 years). Join us for a morning of play, activities, and new friends. Registration is required.

Halloween Bash: Join us for a fun afternoon of Halloween activities. Feel free to dress up in your costume! 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.

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

Strollerize: 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.

4th – Bower Ponds, 11th – Heritage Ranch, 18th – Bower Ponds, 25th – Heritage Ranch.
Registration is required.

Bump Club: Are you pregnant and looking to make some new friends? Join us for an afternoon of socializing and forming connections with other Moms-to-be. Registration is required.

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Friday Fun Times: This is an early childhood program for families with children ages 0-6 yrs old. We have playtime, craft time, and story time. A great chance to be creative and make new friends to play with.

Discover Time: This is an early childhood program for families who have children ages 0-6yrs old. Every week we explore different themes with crafts, games, coloring, and play.

Baby Kindermusik: Would you like to introduce your baby to music, little instruments, and new friends. Come and join us for Baby Kindermusik. It is a program for families with babies ages 0-2yrs old. We sing songs, play tiny instruments, dance, make crafts, and meet other parents and babies.

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