

# January

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1 <b>CLOSED</b>	2 BABY AND YOU	3 RIMBEY L & P FAMILY PLAY GROUP MILLET L & P MILLET GLOW 1-2:30	4 WETASKIWIN GLOW 1:00-2:30 BABY AND YOU	5 WETASKIWIN L & P LAKEDELL L & P	6  McMan
7	8 PONOKA L & P MILLET L & P MILLET GLOW	9 BABY AND YOU WINFIELD GLOW	10 RIMBEY L & P RHYMING TOTS FAMILY PLAY GROUP TEEN/PRETEEN WORKSHOP LAKEDELL GLOW	11 WETASKIWIN GLOW RIMBEY GLOW BABY AND YOU	12 WETASKIWIN L & P MULHURST L & P	13
14	15 PONOKA L & P MILLET L & P MILLET GLOW COOKING GROUP	16 BABY AND YOU WINFIELD GLOW SUPPORT & PLAY GROUP FOR FAMILIES WITH CHILDREN WITH DISABILITIES	17 RIMBEY L & P RHYMING TOTS FAMILY PLAY GROUP ADULT WORKSHOP	18 WETASKIWIN GLOW RIMBEY GLOW BABY AND YOU	19 WETASKIWIN L & P LAKEDELL L&P	20 Build IT With Dad/Grandpa
21	22 PONOKA L & P MILLET L & P MILLET GLOW COOKING GROUP	23 BABY AND YOU WINFIELD GLOW	24 RIMBEY L & P RHYMING TOTS FAMILY PLAY GROUP FAMILY GAME NIGHT LAKEDELL GLOW TRIPLE P	25 WETASKIWIN GLOW RIMBEY GLOW BABY AND YOU	26 WETASKIWIN L&P MULHURST L&P	27
28	29 PONOKA L & P MILLET L & P MILLET GLOW COOKING GROUP	30 BABY AND YOU (SWIMMING) WINFIELD GLOW	31 RIMBEY L & P RHYMING TOTS FAMILY PLAY GROUP MOMS MATTER TRIPLE P			

## LEARN AND PLAY

MILLET 10:30-12:00

RIMBEY 10:30-12:00

WETASKIWIN 10:30-12:00

PONOKA 10:30-12:00

MULHURST 10:30-12:00

LAKEDELL 10:30-12:00

## GLOW

MILLET 3:30-5:00

WINFIELD 3:45-5:15

WETASKIWIN 3:30-5:00

LAKEDELL 3:45-5:15

RIMBEY 3:10-4:45

## COOKING GROUP

WETASKIWIN 3:30-5:00

## BABY & YOU

WETASKIWIN 1:30-3:00 (Tuesday)

WETASKIWIN 10:30 - 12:00 (Thursday)

## WORKSHOPS

Preteen/Teen 3:30-5:00

Adult 6:00-7:30PM

## RHYMING TOTS

WETASKIWIN 10:00-11:30

FAMILY PLAY GROUP

WETASKIWIN 1:00-2:30

FAMILY GAME NIGHT

Wetaskiwin 4:00 - 6:00

## MOMS MATTER

WETASKIWIN 6:00 - 7:30

BUILD IT WITH DAD/GRANDPA

WETASKIWIN 10:30 - 12:00

## TRIPLE P

10:00-12:00

SUPPORT & PLAY GROUP FOR FAMILIES WITH  
CHILDREN WITH DISABILITIES

WETASKIWIN 10:00-11:30

Alberta

Provincial Family  
Resource Networks



## JANUARY

**LEARN & PLAY:** Come on in and let your children play. Developmental activities, stories, games and more. Snacks and drinks provided each week! for ages 0-6 and older siblings are welcome. Parents must stay for this group.

**GLOW:** Come on in and join us for new activities each week. This group is for kids ages 6-12. Snack and drink is provided each week. Parents are welcome to stay or they can drop off for this group.

**BABY & YOU:** In collaboration with AHS. This group is a great opportunity to connect with other mothers, breastfeeding support, options to have your baby weighed, tips and advice from a public health nurse. Thursdays baby group will not have a nurse present.

**COOKING GROUP:** We have a cooking group once per month, where kids age 9-13 can come and try out some cooking skills. We will make a new meal each month. People must pre register to join this group.

**WORKSHOPS:** In this program we will be sharing information that is helpful for parents, preteen and teens to help build their daily life skills. The first 6 families that register, we will have someone to watch their kids. More adults are welcome to register who don't need child care after the 6 families. Preteen/Teen Workshop are from ages 11-15.

**FAMILY PLAY GROUP:** Get out of the cold and come spend some time with your children at our facilities. All ages welcome

**FAMILY GAME NIGHT:** Come on in and have some time to re-connect as a family. Snacks, coffee/water provided. All ages welcome, parents must stay for this group.

**MOMS MATTER:** Come take some time to yourself. Projects, snacks and some awesome company to help decompress.

**TRIPLE P:** Triple P is an Eight week program. Triple P is a parenting program, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you. Please contact Jen at [Jennifer.mcclure@mcmancentral.ca](mailto:Jennifer.mcclure@mcmancentral.ca) or by cell 780-312-8137 if you would like to register.

### January

**January 4th Wetaskiwin Glow 1:00 - 2:30PM**

**January 3rd Millet Glow 1:00 - 2:30PM**

**January 24th- Triple P start day 10:00AM-12:00PM**

**FOR MORE INFORMATION CONTACT JEN**  
**[Jennifer.Mcclure@mcmancentral.ca](mailto:Jennifer.Mcclure@mcmancentral.ca) 780-312-8137**



### Locations

**WETASKIWIN:** McMan Office- 4415A 49 Street

**MILLET:** Town of Millet (The old school gym) 4528 51st Street

**RIMBEY:** Blindman Youth Action Centre- 4907 40th Street

**RIMBEY GLOW-** 5302 52nd St (Elementary School)

**WINFIELD:** 401 4 Ave E (School)

**LAKEDELL:** 462006 Range Rd 12(Lakedell School)-GLOW

**LAKEDELL:** Lakedell Agricultural Society RR 2, Westeros -LEARN AND PLAY

**PONOKA:** Youth Centre- 5004 54 ST

**MULHURST:** 3802 50 Ave (Community Hall)