

OCTOBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Five Alive (LAC) 3:30-4:30	3 Baby Buddies (LAC) 10-11:30 Toddler Time (CLIVE) 1-3	4 Drop-In/Stay & Play (LAC) 1-4	5 Come Together (LAC) 11-11:45	6	7
8	9 	10 Preschool Pals (LAC) 9:30-11:30	11 Preschool Pals (BLFDS ONLY) 9:30-11:30	12 Cub Crew (ALIX) 1-3 All Booked Up (Zoom) 1-3 Alix Afterschool 3:30-5 Ignite (BLFDS) 3:30-5	13 Ignite (CLIVE) 3:30-5 Moms Matter (CLIVE) 1-3	14 Saturday (LAC) 10-12
15	16 Baby Buddies (BLFDS) 10-11:30 Homeschool Heroes (LAC) 1-2:30 Ignite (LAC) 3:30-5 Little Chefs (BENT) 3:30-5	17 Baby Buddies (LAC) 10-11:30 Toddler Time (CLIVE) 1-3 How Money Works (LAC) 7-8	18 Preschool Pals (CLIVE) 9:30-11:30 Moms Matter (BENT) 6-8 Triple P-After Disaster (LAC) 6-8	19 Cub Crew (ALIX) 1-3 Moms Matter (BLFDS) 1-3 Alix Afterschool 3:30-5	20 Art Attack (BLFDS) 10-12 Baby Bits (BENT) 1-2 Teen Skills (LAC) 1-3	21
22	23 Baby Buddies (BLFDS) 10-11:30 Little Chefs (BENT) 3:30-5 Ignite (ALIX) 3:30-5	24 Preschool Pals (LAC) 9:30-11:30 Moms Matter (LAC) 1-3 Toddler Time (CLIVE) 1-3	25 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 Potluck & Play (BENT) 6-8	26 Cub Crew (ALIX) 1-3 All Booked Up (Zoom) 1-3 Alix Afterschool 3:30-5 Special Needs Support (BLFDS) 6-8	27 Baby Bits (BENT) 1-2 Ignite (BENT) 3:30-5	28 Dadurday (LAC) 10-12
29	30 Baby Buddies (BLFDS) 10-11:30 Grandparents Support (LAC) 1-3 Little Chefs (BENT) 3:30-5	31 Baby Buddies (LAC) 10-11:30 Tipsheet Tuesday (LAC) 1-2			0-6 7-13 13+ Family Parent Education	REGISTRATION REQUIRED for ALL programs, unless otherwise specified.

Lacombe & Area FRN
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REGISTRATION REQUIRED FOR ALL PROGRAMS

(unless otherwise specified)

To register/information:

frnlacombe@gmail.com/403.896.3915

Baby Buddies: For caregivers and only babies 0-18 months. Learn, play, and grow with baby while connecting with other caregivers.

Preschool Pals: For caregivers and preschoolers. Play, do a craft, listen to a story. A great opportunity to be creative, learn a few things and make some new friends!

Cub Crew: Same as Preschool Pals.

Come Together (Intergenerational): Join us at the Lacombe hospital the first Thursday of every month where we will get together with the seniors in long-term care for fun activities, singing, and crafts.

Five Alive: 5&6 year olds get their own program! Too old for Preschool Pals, too young for Ignite...drop them off for some activities, crafts, and music!

Ignite: Different activities each month for 7-13 year olds.

Alix Afterschool 8+: Afterschool programming at the Alix Community Centre. Program type will change every 6 weeks.

Homeschool Heroes: An opportunity to meet other families who are homeschooling, share your knowledge and resources with new families on their homeschooling journey, to meet others in the homeschooling world and find support, encouragement in a neutral environment. Children are welcome to come play in our play area.

Art Attack: An opportunity to explore a variety of creative, open-ended art avenues. Prepare to have fun and get messy!

Little Chefs: FULL A fun and interactive program combining literacy, crafts, games, social skills & cooking!

Teen Skills: Different life skill offered every PD day! Resume writing, cooking, managing money, fixing your car, solve problems, handle emotions and more!

Tip Sheet Tuesday: Being a parent is not always easy. Join us and other parents to discuss common struggles in raising our children. Each week we will dive into a different topic using Triple P Positive Parenting curriculum.

Toddler Time: For parents/caregivers of toddlers. Each week we will talk about topics related to raising healthy children as parents are the first teachers of their children. In this class we will provide opportunity for learning how to guide our children's developmental growth in a positive manner, how to manage self-care and home responsibilities, and how to stay connected to our partner while rearing our littles.

Moms Matter: Spend time crafting, doing a fun activity, meeting other moms and getting a break. New this fall, we are offering one evening Moms Matter so if you are a working mom, we got you! Each month the evening Moms Matter will be offered in a different community.

Special Needs Support Group: Support and care for caregivers of those with special needs, as well as a time of interaction and play for the children.

All Booked Up: FULL An online book club that is over 6-8 weeks. We will meet every other week to talk about the book. The books range from self reflection, parenting and inspiring best sellers. We keep this group small to build trust and provide a safe and open environment.

Dadurday: Activities (and FOOD) for dads and their littles.

Grandparents Parenting Grandkids Support Group: Support and care for grandparents who are parenting their grandchildren. You're not alone! Come meet other grandparents who are doing the same!

How Money Works: Have you ever wondered how to get ahead in your financial life? You CAN get out of Debt, You CAN build Savings and you CAN get on the path to financial independence! Join us for an informative session to show you how.

Triple P-After Disaster: Disaster Recovery Triple P is an extension of the well-known Triple P - Positive Parenting Program. Learning to cope with strong emotions including fear and distress is a skill which can be learned and developed over time, as well as encourage a sense of being calm and prepared.

Baby Bits: For caregivers and babies 0-18 months. Attachment, development, strategies on how to deal with common concerns of parenting, how to take care of ourselves as we take care of our family are just some of the topics that will be covered.

Saturplay: Spend quality time with your family and other families doing activities while enjoying a coffee and a muffin!

Potluck & Play: Join us for supper, games, and a chance to meet other families in the community. (Bentley)

LOCATIONS (unless otherwise specified):

Alix: Alix & Area Community Resource Centre - 5008 50th Ave.

Bentley: Bentley Town Office - 4918 50th Ave.

Blackfalds: Blackfalds Community Centre - 4810 Womacks Rd.

Clive: Clive Baptist Church - 4716 50th St./Ignite - Clive School library

Lacombe: FRN Office - #4, 4725 49B. Ave.