



Sun	Mon	Tue	Wed	Thu	Fri	Sat
*Registration Required						
0-6 7-13 13+ Family Parent Education	1 *Kids Have Stress Too (CLIVE) 12-1 *Impact: 13+ Escape Room (BLFDS) 6:30-9	2 Preschool Pals (LAC) 9:30-11:30 *Rainbows (ALIX) - Details on other side	3 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 *Books & Cooks (CLIVE) 1-2:30 *Anger 101 (ZOOM) 6:30-7:30	4	5	6 *Mother's Day Event (LAC) 10-1
7	8 Baby Buddies (BLFDS) 10-11:30 *Tip Sheet Time (LAC) 2-3	9 Baby Buddies (LAC) 10-11:30 *Rainbows (ALIX) - Details on other side	10 STAFF WELLNESS DAY	11 *Ignite (CLIVE) 3:30-5 Special Needs Support Group (BLFDS) 6-8	12 *Moms Matter (BENT) 1-3 *Ignite (BENT) 3:30-5	13 *Dadurday (LAC) 10-12
14 	15 Kindermusik (LAC) 10-11:30 *Moms Matter (LAC) 1-3 *Ignite (LAC) 3:30-5	16 Preschool Pals (LAC) 9:30-11:30 *Rainbows (ALIX) - Details on other side *Positive Parenting (Kids) BLFDS) 6-8	17 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 *Books & Cooks (CLIVE) 1-2:30 *Anger 101 (ZOOM) 6:30-7:30	18 *Moms Matter (CLIVE) 1-3 Lego Club (LAC) 3:30-5	19	20
21	22 	23 Baby Buddies (LAC) 10-11:30 *Rainbows (ALIX) - Details on other side	24 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 *Potluck & Play (BENT) 6-8	25 *Moms Matter (BLFDS) 1-3 *Ignite (BLFDS) 3:30-5	26 *Kids Have Stress Too (CLIVE) 12-1 *Art Attack (BLFDS) 2-4	27 Saturplay (LAC) 10-12
28	29 *Baby Whispers (LAC) 9:30-10:30 Grandparents Support (LAC) 1:30-3 Touch A Truck (ALIX)	30 Preschool Pals (LAC) 9:30-11:30 *Rainbows (ALIX) - Details on other side	31 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 *Books & Cooks (CLIVE) 1-2:30 *Anger 101 (ZOOM) 6:30-7:30			

Lacombe & Area
Family Resource Network
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Family Resource Network

To register/information:
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QR Codes
Carolyn 403.896.3915

REGISTRATION PREFERRED:

Baby Buddies: For parents/caregivers and babies 0-18 months. Social, guest speakers, and more.

Preschool Pals: For parents/caregivers and preschoolers. Craft, story, play!

Kindermusik: Join us for different themes, songs, and dance. Meet new friends too!

Lego Club: Lego challenges, all things Lego!

Connecting Clans: Activities to take part in with the whole family.

Saturplay: Spend time with your family, and other families, doing age-appropriate activities. Enjoy a coffee and muffin too!

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 in the same situation you are.

Special Needs Support Group: Support and care for parents/caregivers of those with special needs, and a time of play and interaction for the kiddos.

***REGISTRATION REQUIRED:**

Baby Whispers: Parents/caregivers and babies 0-12 months. Helpful, hands-on tools to help our babies. There will be infant massage techniques, soothing routines, parent/baby attachment tools, and help for bedtime struggles.

Books & Cooks: This program is designed to have families explore healthy cooking and literacy together in a fun, relaxing class.

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

Rainbows: This program will be held in Alix and is designed to help kiddos cope with grief due to divorce, separation, death, or other matters, in a group setting. **3:30-4 Grade 1&2 4-4:30 Grade 2&3 4:30-5 Grade 4-5 5-5:30 Jr. High**

Calming the Anger 101 (Zoom):

Ignite: For 7-13 year-olds. Rock painting!

Anger 101: Does your tween/teen need healthy strategies to deal with their anger? This is for them! During this class we will talk anger, what it is, how it affects relationships, how they can manage it and what some tools and strategies can be used to deal with the emotions. There will be one class dedicated to the parents/caregivers, and how to help their tween/teen.

IMPACT 13+: Escape Room!!!

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

Moms Matter: DIY cards for mom, kiddos can play!

Dadurday: Activity (AND SNACK) for dads and the littles.

Kids Have Stress Too: Equipping you with strategies to help create an emotionally healthy environment promoting self-regulation and effective stress management skills for today, and the future!

Mother's Day Event: Come join us to celebrate YOU! Tea-party style, fun craft, photo shoot (for mom & kiddos) and an entry to win a 'Mom's Only' basket!

Tip Sheet Time: Tips for bedtime struggles with your kiddos.

Positive Parenting Triple P: Do you feel overwhelmed when your child doesn't listen? Come to this evening session as we discuss some great strategies to help. We'll work together to fill your parenting toolbox! Session will be at **Kids3 Blackfalds Daycare #3, 4501 Womacks Rd.**

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 5016 52 Ave./**Books & Cooks** - Clive Public Library)

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



Registration for
0-6 year olds and
parent groups:



Registration for
7-18 year olds
groups:

