

# February

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>0-6 7-13 13+ Family Parent Education</p>	<p>*Registration Required</p> 		<p>1 Preschool Pals (CLIVE/ BLFDS) 9:30-11:30  *Mother's Grace (LAC) 1:30-3  ASQ Play (BLFDS) 1-3</p>	<p>2 *Moms Matter (CLIVE) 1-3  *Tammy A-D (Zoom) 7-8:30</p>	3	4	
5	<p>6 Kindermusik (LAC) 10-11:30  *Little Chefs (BENT) 3:30-5:30</p>	<p>7 Baby Buddies (LAC) 10-11:30  Zumbini (ALIX) 1:30-2:30</p>	<p>8 Preschool Pals (CLIVE/ BLFDS) 9:30-11:30  *Moms Matter (BLFDS) 1-3  *Mother's Grace (LAC) 1:30-3</p>	<p>9 ASQ Play (LAC) 1-3  *Tammy A-D (Zoom) 7-8:30</p>	<p>10 Walk &amp; Talk (BLFDS) 9:30-10:30  *Moms Matter (BENT) 1-3  *Ignite (BENT) 3:30-5</p>	11	
12	<p>13 Baby Buddies (BLFDS) 10-11:30  *Little Chefs (BENT) 3:30-5:30</p>	<p>14 Preschool Pals (LAC) 9:30-11:30  *Moms Matter (LAC) 1-3  Zumbini (ALIX) 1:30-2:30</p>	<p>15 Preschool Pals (CLIVE/ BLFDS) 9:30-11:30  *Mother's Grace (LAC) 1:30-3  Special Needs Support Group (BLFDS) 1-3</p>	<p>16 ASQ Play (CLIVE) 1-2:30  Family Bingo Night (CLIVE public library) 6-8</p>	<p>17  IMPACT 13+: activity to be announced</p>	18 Saturplay (LAC) 10-12	
19	<p>20  HAPPY Family Day</p>	<p>21 Baby Buddies (LAC) 10-11:30  *Ignite (LAC) 3:30-5</p>	<p>22 Preschool Pals (CLIVE/ BLFDS) 9:30-11:30  Sledding &amp; Skating/Hot Chocolate Cranna Lake 1-3  *Potluck &amp; Play (BENT) 6-8</p>	<p>23  Lego Club (LAC) 3:30-5</p>	<p>24 Walk &amp; Talk (BLFDS) 9:30- 10:30  *Art Attack (LAC) 1-3</p>	25	
26	<p>27 Baby Buddies (BLFDS) 10-11:30 Grandparents Sup- port (LAC) 1:30-3 *Little Chefs (BENT) 3:30-5:30 Connecting Clans (ALIX) 6:30-8:30</p>	<p>28 Preschool Pals (LAC) 9:30-11:30  Adventure Daze (ALIX) 1:30-2:30  *Art Attack(ALIX) 3:30 -4:30</p>	<p>Facebook &amp; Instagram @LacombeFRN</p>				

**To register or more information:**  
**carolyn.mclaren@mcmancentral.ca OR 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!

**Zumbini:** A parent-child program designed for kids and toddlers and their parents/caregivers. This program combines music and movement.

**ASQ Play:** Play centered on the following skills: communication, gross motor, fine motor, problem solving and personal-social.

**Adventure Daze:** Details TBA.

**Ignite:** For 7-13 year-olds. Play, create, plant, cook, paint...whatever we choose for the month!

**Lego Club:** Lego challenges, all things Lego!

**Connecting Clans:** Activities to take part in with the whole family. (Alix)

**Saturplay:** Come to our office and play!

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

**Walk & Talk:** Come walk the track at the Abbey Centre with other mamas and strollers!

**REGISTRATION REQUIRED:**

**Art Attack:** Art projects for 7-13 year-olds.

**Little Chefs:** A fun and interactive program combining literacy, crafts, games, social skills & cooking! (Grade 1&2)

**IMPACT:** 13+ Activity for those teens in your life!

**Moms Matter:** Activity for mom, kiddos can play!

**Mother's Grace:** Registration closed. Postpartum support group in collaboration with AHS.

**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.

**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.

**Sessions with Tammy Auten-Dye:** Zoom sessions with local psychologist, Tammy Auten-Dye. Feb. 2 - Depression - Silent Suffering  
Feb. 9 - Childhood Mental Health To register: karen.white@mcmancentral.ca

**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. (Walk & Talk - Abbey Centre)

**Clive:** Clive Baptist Church - 4716 50th St. **Ignite** - Clive School 5016 52 Ave.

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

**Watch FB for additional details.**

Lacombe & Area  
Family Resource Network  
#4-4725 49B Ave. Lacombe, AB  
1.877.994.5465 or 403.896.3408  
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